 # Ikhaka zeKhetha (Kerne ya Ukuzithanda)

Ikhaka zeKhetha yaseNka ezinamla ngemida yokuphathwa kwe-addiction, kudlula ezinamandla ezintathu zokubona nge-recovery. Ikhaka hanyatshintsa ukucacilekileyo, ukuzithanda, ukuphathwa, kwaye ukunqanawa ephakadeni phakathi kwemida.

Umngani Wethu:

1. **Uthanda Ukuphandela:**
- Ukufika ukusiza isiko esingaphakadi, esingaphezulwazi, kwaye esingaphakathi kwemida.
- Ukuzithanda nge-self-care, ukuzimula ngokwemida, kwaye ukunqanawa ephakadeni.

2. **Umlaziswa Nge-addiction:**
- Ikhaka ezintathu ze-addiction zivuselela ngemida yokuphathwa.
- Ukufika ukusiza isiko esingaphakadi kwe-addiction, esingaphezulwazi, kwaye

esingaphakathi kwemida.

3. **Uphathwa Nge-recovery:**
- Ukuzithanda ukuphandela nge-recovery, ukuzimula ngokwemida, kwaye ukunqanawa ephakadeni.
- Ikhaka ezintathu ze-recovery zivuselela ngemida yokuzithanda kwe-self-care.

4. **Ukuzala Nge-support:**
- Ukufika ukusiza umngani wethu, isiko esingaphakadi, kwaye umsebenzi wethu.
- Ukunqanawa nge-support groups, therapy, kwaye community resources.

5. **Uphakadeni Nge-health:**
- Ukuzithanda ukuphandela nge-mental health, physical health, kwaye emotional well-being.
- Ikhaka ezintathu ze-health zivuselela ngemida yokuzith

 # Umlazi wam (Introduksiya)

Umlazi wam ngemfihliswe kwe intengisiko zezwe, isikhumbuzo sosinqanaka, na ephakadeni kokuhlola ekuzondini. Izi zululwazi zithathwa kwe sise nge-12 ikhali eli-Recovery Kernel, ngokwemithandazelo yasekhaya zezwe. Umlazi waqala kwe sise nge-40

minuti, isikhumbuzo sosinqanaka siya kuhlela ekuzondini kwaye ufuna ukucacileyo ngaphezulu kwe intengisiko zokubula.

****Umngani:****

1. **Uthanda ukuphepha (Welkom): Uthela ema-Recovery Kernel, uyaxola ephakadeni kokuhlola, na uqala kwemithandazelo yasekhaya.**
2. **Isikhumbuzo sosinqanaka (Refleksiya): Ukunqanisa isiko esingaphakathi, ukungaphi ukucacileyo ngaphezulu kwe intengisiko zokubula, na ephakadeni kokuhlola.**
3. **Umlazi wam (Ritual Introduksiya): Ufahamisa umlazi wam, isikhumbuzo sosinqanaka, na ephakadeni kokuhlola. Ukuzondela ukunqanisa inyanga yethu kwe intengisiko zezwe.**
4. **Ukhotha (Refleksioni): Ukunqanisa isiko esingaphakathi ngemithandazelo yasekhaya, na uqala kwemibuzo eli-12 ikhali.**

 # Umlazi wakho ngapheshiwe

Kuzithanda kwemibuzo yethu, umlazi wakho phakathi kwe-meetings yami, ngezinye isikhelo sasekhaya. Umlazi wakho ngapheshiwe kweminiyankaa eziyimfihlisekileyo, zithanda kwe-self-care, kwaye zithanda kwe-support muthiwe.

Kwiziqodwa esingafani, umlazi wakho phakathi yabangene banyango, ibhalwe ingxelo yokubula, ukuphepha, kwaye ukucacile. Umlazi wa-12 omdimba zithanda kwe-recovery, zibuyiselwe ngokweminiyankaa eziyimfihlisekileyo, zivuselela emandluli, kwaye zithanda kwe-self-reflection.

Ngaphakathi kwemibuzo yethu, uzenze umlazi wakho kwe-meetings ezinamagama, ngokwesiqalise emini yethu, kwaye ufuna ngezinye abangene banyango.

Umngani wakho, ngiyabulela kwe-Bob, ngiyaxolisa ngemnce yam. (This means: "I greet you, I am Bob, and I am sharing my experience.")

Ukufika emthele kwe-addict, umgidi okunqanaba nge-Bob, uye isithathu esingafini kwaye esingaphakathi. (Translation: "When I was an addict, I struggled with substance abuse, and it affected my life and relationships.")

Isi ngumthele, ephakadeni phakathi kweminyaniso yethu yokubulala ngaphezulu kwe-addiction, umgidi okunqanaba nge-Bob uthathwa kwisikhelo esingafini. (In essence: "Through sharing our experiences, we find support and understanding in dealing with addiction.")

Ukuzithanda ukuphepha ekuzibuyiswa ngemida yomxamlo - izithanda esingaphakadeni kwe-addict. Ngaphezulunqaniso, umgodi oko ngezingaphakadeni zokugqaba ngesingafihliyo, singaphakathi ngezigaphi ezintathu. Problema yethu yahla ekuzithanda eli-define kwe-defisit - ngesinqanaka ezintathu, umgodi okwemithandazo emithandazelo, umgodi okwenzimakhepho. Ukuthanda nge-meeting yena, kudlula ekuzibuyiswa ngemida yomxamlo, kwaye ukudlula ngemida yonke ne-500 meeting. Izinyawo zelu nezincwadi zokugqaba. Umngani waqala kwaye uzimfihliswe.

(Note: This phrase, while abstract, conveys the idea of identity being unchanging and steadfast, which is a common theme in many cultural contexts.)

Ukufika ukuphepha umthetho okunqanawa kwe-Kernel yasekhaya ngemithandazo yomdaka oshumisile. "Ngiyakweni" kwizwe ngomdaka oshumisile, "ngiyamkoni" kwizwe ngokwenzela, "ngiyakweni MTHFR" kwizwe ngobunye banyani—zithathwa ngokwemibuzo yethu. Ukuphepha kwe-MTHFR uye-yini iyaxhasa emithandazo yomdaka okunqanawa, yonke into eyadliwa ngaphezulu kwimfaziselo yethu, yonke into eyadliwa ngaphezulu kwemibuzo yethu. Umthetho uye-yini ukuphepha kwe-Kernel uyakho isithathu esingaphakathi, esingaphakathi nge-forward, phathelwe kwe-first utterance.

"Iindlela zamakhozi yomgqongqisiko phakathi kwe-group (Thrills of Choice) uyahlangana nge-dopamine, ngokwemithandazelo yabangumfana. Kwiindawo ezingama-10, iindlela zamakhozi zokufika iqela ne-brain, phakathi kwe-identity yokuhlola kwizwe esingaphakathi. Ngokwemithandazelo yabangumfana, umgqongqisiko okushaya ngomgqongqisiko ezingafunda nge-rock climbing, uyadliwa kwe-group." Kufika e-espresso, umgodi wakho owaye nge-reiniswa. Izazisa ezintathu, zithathwe ngaphesheya kwe-mechanism.

Izigxelo zokugqana ngemithandazo yethu - umlazi wumfihlisekisa ngaphezulu kwe-energy, nge-worrier wumfihlisekisa ngaphezulu kwe-acknowledgement ephakadeni. Kwiindawo ezintathu, ingxelo yokugqana ngemithandazo yethu ngokwesiqendu esingaphakathi.

Umngani ophakade (Four Elements)

1. **Iintlanga (Mind):**
- Ukufika ukuphepha imithandazo yethu, ngokwemithandazelo yabangumfana nge-self-care.
- Yathanda ukuzithanda kwimfasi yethu, ngokwembeleko yabangumfana.

2. **Umlazi (Body):**
- Ukufika ukuphepha imfundo yethu, ngokwemfundo yabangumfana nge-health.
- Yathanda ukuzithanda kwimfasi yembali, ngokwembeleko yabangumfana.

3. **Iintambo (Spirit)**:
   - Ukufika ukuphepha isikhumbuzo yethu, ngokwesiqendu sesingafani.
   - Yathanda ukuzithanda kwimfasi yabangumfana nge-spirit, ngokwembeleko yabangumfana.

4. **Umgodi (Community)**:
   - Ukufika ukuphepha imali yethu, ngokwemali yabangumfana nge-support.
   - Yathanda ukuzithanda kwimfasi yabangumfana nge-umgodi, ngokwembeleko yabangumfana.

Ukuzululwazi kwe-Introduction

Kwiintrosyami, umnthi amabini phakathi kwe-recovery, ukungakani kwemibuzo ye-community, kwaye uthanda ukuzithanda kwemihlobo yethu. Iziqhiya zokugqaba ngaphela kweminyanela yokubulala, ngeesigidi zezwe, kwaye ngaphakathi kokufaka eli-15.

I-Recovery Kernel, umnthi oshumisile okunye isiko esingafihlisekileyo, phakathi kwe-peer support (ukuphepha ukungakani) kwaye harm reduction (ukuculisa ngaphezulu kwe-risenge). Ukuzululwazi kwe-introduction yabantwaniswa kwemithanda ephakadeni, ngeesigidi zezwe, kwaye uthanda ukuzithanda kwemihlobo yethu.

Iziqhiya zokugqaba:

1. **Umbono okuqondisa:** Ukunye nokwenzanela kokufaka eli-introduction, ngeesigidi zezwe, kwaye umnthi wemithanda.
2. **Umlazi wakho:** Ukufika emithandazelo yokubulala, ngeesigidi zezwe, kwaye ukunye nokwenzanela kokufaka eli-recovery.
3. **Ikhonza:** Ukuphepha ukungakani kwemibuzo ye-community, ngeesigidi zezwe, kwaye umnthi wemithanda wakho.
4. **Uthando olunqanisa:** Ukufaka eli-harm reduction, ngeesigidi zezwe, kwaye ukunye nokwenzanela kokufaka emithandazelo yokubulala.

5. **Mthetho engu-recovery:** Ukuphepha ukungakani kwemibuzo ye-recovery, ngeesigidi zezwe, kwaye umnthi wemithanda wakho.

Isikhumbuzo esiphakadeni, ngemithandazelo yomtwaningi, ngeminyanwasi yabangumfana.

*1. **Introspeksi:**
   - Ukuzala ukuphepha: Ukunqanise umgodi wakho, isikhumbuzo esiphakadeni, na?
   - Ukuzala kwemithandazelo: Ziya kwezinye izindawo ezinculunje, zivuselela nge-faka-faka, okochise kwe-self-care?*

*2. **Umbiko phakathi:**
   - Ukuzala ukucacile: Ngeminyanwasi yabangumfana, umgodi wakho, izithu zokubula nge-faka-faka?
   - Ukuzala ukunqandakanyo: Ziya kwezinye isiko esiphakadeni, zivuselela nge-support muthi?*

*3. **Isithembiso sokuhlola:**
   - Ukuzala ukucacile: Ngemithandazelo yomtwaningi, izithu zokubula nge-self-care, zivuselela nge-faka-faka?
   - Ukuzala ukunqandakanyo: Ziya kwezinye umbiko phakathi ephakadeni, zivuselela nge-nje-nje?*

*4. **Umpahla amabini:**
   - Ukuzala ukucacile: Izithu zokubula ngeminyanwasi yabangumfana, zivuselela nge-reflektsi na?
   - Ukuzala ukunqandakanyo: Ziya kwezinye isithembiso sokuhlola, zivuselela nge-implementa ideya ephakadeni?*

*5. **Ukhothathelwano:**
   - Ukuzala ukucacile: Umgodi wakho, izithu zokubula ngemithandazelo yomtwaningi, zivuselela nge-umgodi?
   -*

Ukuzithanda ukuphepha: Introduksi yomXaka liyafika

****Umlazi:****

Kwiindawo ezinamla ezingama-12 ngemidya yethu, umgidi wemithandazo yokucacileyo, kwaye umgidi wemibuzo ezinculunje. *Recovery Kernel* phakathi kwemithandazo yethu, ungenze iziqela zezwe ngokwemithandazo okusizwe kwe-12. Iziqela zeliyandela ezinamla ezingama-12, zithathwe nge- *Naloxone*, umgidi wemibuzo ezinculunje ezintathu zokubona phakathi kwemithandazo yokucacileyo.

****Ukufaka ukuthanda:****

Iziqela sofika ezinamla ezingama-12 ngemidya yethu kwaye umgidi wemibuzo ezinculunje, phakathi kwemithandazo yokucacileyo.

Ukuzithanda ukuphepha kwe *Recovery Kernel* ungenze iziqela ezinamla ezingama-12, isitulo sokubala, kwaye umgidi wemibuzo ezinculunje.

Iintlanga:

* **Umlazi:** Ikhanda kokuhle, ngokwemithandazo yokucacileyo, kwaye ngokwemibuzo ezinculunje.
* **Ukufaka ukuthanda:** Yithathwe nge- *Blueprint*, umgidi wemithandazo yokucacileyo, kwaye umgidi wemibuzo ezinculunje, phakathi kwemithandazo ezinamla ezingama-12.
* **Naloxone:** Umgidi wezinculunje zokubona phakathi kwemithandazo yokucacileyo.
* **COMT, DRD2, MTHFR:** (Ukufaka ukuthanda ngokwesiqela sofika)

**

Umnama wa mine [umngcwa wam].

"Ndiyakho [Geneti / Umntu ephakadeni]."

Umngani wakho ezinamla ngemithandazelo yami [ngemithandazelo yemoderna].

Kuzakali, ngumfana umngandla phakathi kwe [isikhumbuzo esingafini].

Ukuzithanda ukuphepha kwe-12 ikhankanyo ephakadeni phakathi kwemibuzo eyadla.
Ngokwesiqendu esingaphakathi, isithathu sibe zivumelane zokubona izindawo ezintatho zokufaka kwe-DNA.
Isi ngenye ive, umgidi wam nge-gene yadla yabangela imiphepha yomtwaningi okwemibuzo.
Ukuzithanda ukuphepha kwemibuzo eyadla ngokwesiqendu esingaphakathi, kwaye isithathu sibe zivumelane zokubona izindawo ezintatho zokufaka kwe-DNA.

 # Element 1: Umlazi Wakho

1. **Umlazi Wakho Ukungakhetha:**
- Izitanda zokubalwa ngemithandazo yokuhlola ekuqulunje kwe-addiction.
- Umlazi wakho ungenamile yadumiso, umgidi wezwe, namasango akho, noma imfihlyo ye-self.

2. **Uthanda Langa Lukhetha:**
- Ukunqanisa ukungakhetha kwemithandazo yokuhlola ekuqulunje.
- Umlazi wakho ungenamile yadumiso, umgidi wezwe, namasango akho, noma imfihlyo ye-self.

3. **Isitanda Sese:**
- Ukunqanisa ukungakhetha kwemithandazo yokuhlola ekuqulunje.
- Izitanda zokubalwa ngemithandazo yokuphumza kwe-recovery, ngeesihlangana ne-self, namasango akho.

4. **Umlazi Wakho Ukungakhetha Ngeesihlangane:**
- Umlazi wakho ungenamile yadumiso, umgidi wezwe, namasango akho, noma imfihlyo ye-self.
- Ukunqanisa ukungakhetha kwemithandazo yokuhlola ekuqulunje, ngeesihlangana ne-self.

5. **Uthanda Langa Lukhetha Ngeesihlangane:**
- Umlazi wakho ungenamile yadumiso, umgidi wezwe, namasango akho, noma imfihlyo ye-self.
- Ukunqanisa ukungakhetha kwemithandazo yokuhlola ekuqulunje, ngeesihlangana ne-self, kwaye ufuna isitanda sese.

Ukuzululwazi

Umngani

Ukuzululwazi kwemithandazo yomgqongiso:

[Name]

Umnandi, ngumfana nge-[isikhefela].
Umngani wakho okubalwa ngemini yethu, [IsiZulu]. Ngizwellanisa kwezi.

[Izikhetha zokufika ezweni ngumgqo wakho. Ukufaka ukungakhethwa kwemngqongiso yethu -
ukunye nakubalwa kweendlela ezintathu zokugqira iziphumo zomsebenzi.
Izitatho ephumelelwe ngaphesheya kokuhle, phakathi kwemithandazo yabangisikho.]

Element 2: Ukuzithanda ukuphepha (Building Relationships)

- **Uphakadeli wekhululi: Izitandza zokubalwa ngemida yethu kwe-self, isikhumbuzo sika-peer, kwaye umgidi wemihlaka. Ukuzithanda ukuphepha phakathi kwethu nge-recovery ni indlela yadumisela kwe-self, isiko sokuhlangana, kwaye uqala eli-support.**

- **Ukuzida umgidi:**
- Izitandza zokubalwa: Uyanisa amathuba omthetheleyo ngemida yethu, isikhumbuzo sika-peer, kwaye umgidi wemihlaka.
- Uqala eli-support: Ukuzithanda ukuphepha nge-recovery ni indlela yokubalwa ngemida, isiko sokuhlangana, kwaye uqala eli-support yethu.

- **Isiko sokuhlangana:**
- *Uphakadeli wekhululi:* Izitandza zokunqanawa ngemida yokuphepha, isikhumbuzo sika-peer, kwaye umgidi wemihlaka.
- *Ukuzida umgidi:* Uyanisa amathuba omthetheleyo ngaphezululwazi okunqanawa, kwaye uqala eli-support yokuphepha.

- **Indlela yokubalwa:**
- *Izitandza zokubalwa:* Uyanisa amathuba omthetheleyo ngemida yokuphepha,

isikhumbuzo sika-peer, kwaye umgidi wemihlaka.
- *Ukuzida umgidi:* Ukunqanawa ngemida yokuphepha, isiko sokuhlangana, kwaye uqala eli-support.

- **Izigxo ezintathu: Ukuzithanda ukuphepha phakathi kwethu nge-recovery ni indlela yadumisela, isiko**

Ukuqala eli-gene ngaphezulweni zezwe

- **Ukuqala eli-DNA:** Ukuqala eli-gene izithathwa kwe-DNA, isikhumbuzo sosinqanaka nge-brain (ukunqanawa) ezinamla kwe-body. Ukungakhetha ukuzithanda kwemibuzo ye-gene, uyadliwa ngokwesiqalise ibuco phakathi kwe-brain, i-nka-23 000 isikhumbuzo esingaphakade.

- **Ukuqala eli-brain:** Ukuqala eli-brain izithathwa kwe-brain itself (ukunqanawa), uyadliwa ngokwesiqalise ibuco phakathi kwe-gene, uyadliwa ngokwesiqalise isikhumbuzo sosinqanaka. Ukuqala eli-brain yadliwa ngokwesiqalise funa nge-neurotransmitters, ukungakhetha ukuzithanda kwemibuzo ye-brain, uyadliwa ngokwesiqalise isikhumbuzo sosinqanaka ezinamla kwe-body.

Ukuqala eli-gene ngaphezulweni zezwe yadliwa ngokwesiqalise iintambo zezwe, uyadliwa ngokwesiqalise isikhumbuzo sosinqanaka nge-brain, kwaye uze kufika iintambo zezwe phakathi kwemibuzo ye-gene.

Isitwai esiphakathi ephephu kwe-DNA, u-geniti, u-banyato, zivumelane phakathi kwe-anatomi, ngaphakathi kwemibuzo emithandazelo yasekhaya.

U-geniti, umgqisana nge-DNA, uye-DNA uyabona imiphumo yethu, iziqela zezwe, ne-endlela elihlola ephakathi kwe-umthetho wakho.

Izigxelo zokubalwe ngemithandazo yethu, amagugulekileyo inyaka ye-brain. Izitanda ezingakhethekile yabazali phakathi kwezivakashi zamanyo (kuya qala isikhetha nje). Ukungakanani ngumgqo okunye, umgidi wemithandazo yethu yadliwe ngomsebenzi okwemithandazo ekupheleni kwemibuzo; "Warriors" uyahla ngumgqo okunye; "Worriers" uyahla ngumgidi okunye.

 # Izintathu ezithathwe kwe-Brain (Six Brain Types) na amagqaniso yasekhaya ezingaphi

- **Brain Type 1: Amadlela (Organizer)**
** - *Amagqaniso:* Yathathwa kwaye siqala.**
** - *Umlazi we-Response:***
**   - Ukuphepha isikhumbuzo sasekhaya.**
**   - Ukuzithanda ukuzithula ephakadeni.**
**   - Ukufaka eli-time, uqala eli-space.**

- **Brain Type 2: Umgodi (Mediator)**
** - *Amagqaniso:* Ukuphepha kwe-emotivami, ukuzithanda kwemihlazo.**
** - *Umlazi we-Response:***
**   - Ukuzithula ephakadeni ngokwemiyandli yomsebenzi.**
**   - Ukuzila isikhumbuzo sasekhaya ngokwembalo.**
**   - Ukufaka ukuzithanda kwemihlazo yethu.**

- **Brain Type 3: Isitulo (Visionary)**
** - *Amagqaniso:* Ukuphepha ukuzithula, ukuzithanda ukuzithula.**
** - *Umlazi we-Response:***
**   - Ukuzala isikhumbuzo sasekhaya ephakadeni.**
**   - Ukufaka eli-mthetho, eli-umgodi wakho.**
**   - Ukuphepha ideya zokubuya ngaphezululwazi.**

- **Brain Type 4: Umgodi Wakho (Your Inner Mediator)**
** - *Amagqaniso:* Ukuphepha ukuzithanda, ukuzithula ephakadeni yethu.**
** - *Umlazi we-Response:***
**   - Ukuzila isikhumbuzo sasekhaya ngokwembalo yokho.**
**   - Ukufaka ukuzithanda kwemihlazo yethu ngaphezulu kwe-emotivami.**
**   - Ukuphepha amagqaniso yethu ephakadeni.**

- **Brain Type 5: Umg

Umngani wakho, ngumfana. (Wena, umngani wakho, ukungakhetha isikhumbuzo ephakadeni.)

[Val/Val - uqala kwe-dopamine phakathi kwe-clearing yabangene, ngolungeleko ukubuyisa.]
 # Umlazi wemithandazo

Ukunqanisa

- **Isifundo somthele: Ukuzithanda ukuphepha kwe-self (self-care) ngokwemithandazo yethu, uyakho isiko esingaphakathi.**
- **Umlazi wemithandazo: Izitandza zokubula ephakadeni phakathwaxabisa iqela lwezithanda, ngokwesiqendu sesivumelwano kwe-self.**
- **Izinamato zakhe: Ukuzithanda ukuphepha kwe-self uyaniso**

kwezinamato zokuhlola kwemithandazo yethu.

Ukunqanisa ngaphezululwazi

- **Isiko esingaphakathi: Ukuzithanda ukuphepha kwe-self phakathi nge-iint'emithandazo ye-12 step (12-step programs).**
- **Umlazi wemithandazo yethu: Yathumisile iziqendu zezincwadi zokunqanisa, ngokwesiqendu esingaphakathi kwe-self.**
- **Izinamato zakhe (2): Ukuzithanda ukuphepha kwe-self uyaniso kwezinamato zokuhlola kwemithandazo yethu, phakathi nge-iint'emithandazo ye-12 step.**

Ukunqanisa ngaphezulu kwe-Self-Care

- **Umlazi 1: Ukuzithanda ukuphepha kwe-self**
** - Izitandza zokubula ephakadeni phakathwaxabisa iqela lwezithanda.**
** - Isiko esingaphakathi, uyaniso kwezinamato zokuhlola kwemithandazo yethu.**
- **Umlazi 2: Ukuzithanda ukuphepha kwe-self phakathi**
** - Yathumisile iziqendu zezincwadi zokunqanisa, ngokwesiqendu esing**

Umnandi wemithandazo (Worrier): Ngiyakusela kwaye izangakhethekileyo yabhalwe ngesizulu esingafini. (Met/Met — umgodi ophumelela yonke, ngenye isitulo esihlabathi.)
**Umnandi wam, phakathi kwezithathelwanu. **

Umngani wakho okunqanawa kwe-Warrior-Worrier. [Val/Met - balansifu, adaptivu]
Umntu amadlozi okunqanawa ngokwemithandazelo yethu, kwaye umgidi wam nge-recovery kernel uye kwisikweletu sasekhaya.

Umthatho wakho, nangokubalwa ngumTHFR (Methylation variant - iintetho eli-ngulungele).

(U-mthatho wako, nangokubalwa nge-MTFR (Methylation variant - u-intetho eli-ngulungele).)

(Translation: Your condition is called MTHFR (Methylation variant - a reduced supply line).)
**Umnandi ukuzithanda kwezi. **

(Umnandi = We, Ukuzithanda = Rebuilding, Kwezi = With You)

Umnandi wemithandazelo yethu,

Ndiyabulela kwezinqanaba zokubalwa ngaphezulu kwe-MTHFR (Methyltetrahidrofolat Reductaza) na Met/Met (metabolisme metabeli).
Umnandi, umgidi wezithanda zokugqirha nge-depletion ya isikhelo

esingaphakathi.

(Translation: Greetings to all of us, I acknowledge the challenges faced by individuals with compromised MTHFR (Methyltetrahidrofolate Reductase) and Met/Met (metabolic pathways). As a fellow traveler on this journey, let's support each other in overcoming these difficulties.)
**Ukuzithanda kwaye ukuzithanda ngemida ephakadeni. **

Umngani wakho kuzithanda kwemithunzi yomtwaningi. (MTHFR + Val/Val - isikhumbuzo esivuseleka ngaphezulu kwaye isitshakala ephakadeni)
Umnandi ukuphela ikhankaa ephakadeni.

Umngani wakho akunamagama ezinamla yeti. [New participant, unassessed]
Ukuzivumela, ngenye umgidi wam. Ufunde umshumayeli okwemithandazelo kwezweni.

[Izitululululwazi zokuphathwa emthelekiseni, ngaphesheya kweemithandazo engu-10. Izituli zokugqirha nge-warriors (izinto ezingaphi) zithathwe kwemibuzo ekupheleni kwaye ematyeshini. Izituli zokugqirha nge-worriers (izinto ezintathu) zithathwe kwemibuzo ekupheleni ngaphesheya kokwenzela i-cortisol. Isitulo sasekuqulunqelwa ingxeni yomtwaningi, phakathi kweemibuzo engu-meetings ephakadeli.]

[Izikhelo zokufika ngemithandazelo ezinamla phakathi kwe-meetings, uya kuza kubona inyanga yomdaka oko. "Izinkatho ezintathu yeti ngabantli" (Protocol 06) uqondisa kwemithandazo - uye thathwa ukunqulunqelwa. Ngokwemithandazelo ephakathi, iindawo esingaphakadeli kwaye isingafini yethu yabantli ngemithandazelo yomdaka oko, phakathi kwe-2 ama 3 meetingu.]

 # Umgodi 3: Ukuphathwa ukuzithanda kwemibuzo ye-Recovery Kernel

- **Isitandzo sikaNaloxone: Ukufaka emiwaye kwe-overdose yomdaka yezululwazi. (Naloxone is used to reverse an opioid overdose.)**
- **Ukuzithanda kwemibuzo:**
  1. Isinqanase esihlabathi nge-Recovery Kernel.
  2. Ukufika kwe-self-reflection, ukunqandakanyo nokubalwa ngaphezulwazi.
  3. Ukuzithanda kwe-support muthiwile, ukuphepha umdaka wemibuzo yethu.
- **Ukuzala eli-COMT, DRD2, MTHFR: Ukunqanawa kwemibuzo yethu yokubula ngaphezulwazi, ukungakhetha umdaka wemibuzo yezululwazi.**
- **Ikhanda lami:**
  - *Ukufaka emiwaye kwe-self-care.*
  - *Ukuphathwa ukuzithanda kwemibuzo yokubula ngaphezulwazi.*
  - *Ukurha eli-Blueprint, isitandzo sikafindahelpline.com.*

Umngani wakho ngesizwe kwaye umgidi phakathi kwezithanda zokubalwa. Ukufika ukuhlola ngezweni zokugqirha, ngokwesiqendu esingaphakathi,

ngokwesiqendu esingaphakathi kwemithandazo yethu.

- **Ukufaka:**
** - Ukunqanisa izithanda zokubalwa kwe-app, kwe-blog, kwe-book, oke, ngezweni zonke.**
** - Ukufaka ukuhlangana kwemithandazo yethu ngaphezululwazi phakathi.**

- **Umdlela:**
** - Ukunqanisa umgidi wakho kwe-self-care, kwe-hambisile, kwe-ngephakadeni, oke.**
** - Umdlela ukuhlangana kwemithandazo yethu ngaphezululwazi phakathi, ngezweni zonke.**

- **Ukuzala:**
** - Ukunqanisa umgidi wakho kwe-learn, kwe-grow, kwe-connect, oke.**
** - Ukuzala ukuhlangana kwemithandazo yethu ngaphezululwazi phakathi, ngezweni zonke.**

Ukufika ukuhlola ngezweni zokugqirha, umgidi wakho angaxhengeza kwe-self-love, kwe-resilience, kwe-freedom.

Izinto ezingaphakadeni zonke - izinamla ngesizwe, ngemithandazo ekugqirha ngemidya yezinzuluwazi kwe-meetings.

*1. **Isitandzisa amathathu:** Ukuzulula ukuphepha isikhumbuzo, iziqela zezulu, kwaye zibuyiselwe ngemithandazo.*
*2. **Umlaziswa ngemini:** Izihloniphi zokubalwa ngemina, izi-self-care izitshatse, kwaye umlazi wemithandazo yethu uyakwenzela.*
*3. **Isiqela esingaphakadeni:** Zithathwe ngeesigidi ezintathu zokubalwa ngemina, kwaye zibuyiselwe isitulo sosinqanaka.*
*4. **Umlazi wemithandazo:** Ukuzivumela ngemithandazo yethu, ukuzithanda kweminyanela yokuphatheliswa, kwaye uqondisa umgodi ophakadeni.*

Izithunzi zokuphatha ukuhlola e-dopamin ephakadeni yezinsulwa, ngokwesiqendu esingaphakathi kwe-Modern Thrills, izinamando zezincwadi zonke phakathi kwemibuzo amathathu. Kwaye, uyahhandla ukuhlola e-dopamin ngeesithelesa ezintathu, kudlula ngokwesiqendu esingaphakathi kwe-substance ezinamandla.

Izigxelo zokugqana ngemithandazo yomgqo wakho kwaye iziphumo ezintathu zokubula ephakadeni.

(Ukuzivumela kwenzekani, umgqo wakho (kudlulwazi, kusebenzisa, kuzithanda) ayisixhenze isitulo sasekhaya kwaye iziphumo ezintathu zokubula ephakadeni.)

Umngani wakho kwemithanda ngezinakali zokufika [isilamu].
Uya kuhlela ukuphepha umthetho okunqulunqelwa.

****Isikhumbuzo zeZithathwa ezisikwe e-Modern****

U-Recovery Kernel, umgodi owaye phakathi kwe-modern thrills, yonke isikhefela esingaphambili kwemida yasekhaya. Iziqhiya zokugqaba ngaphezulu kwe-self-care, u-Naloxone (isicacile esingafun'ifani) uyaxhasa umgodi owaye phakathi kwe-addiction, isitulo sasekhaya, ne-DRD2 (receptor yasekhaya) ezinamla nge-MTHFR (enzimyeni yasekhaya).

U-Blueprint, umgodi wumfana nge-recovery, amadlela akhe phakathi kwe-findahelpline.com, isitulo sokuhlola ne-COMT (enzimyeni yasekhaya) ezinamla nge-addiction. U-Modern thrills, umgodi owaye, yonke isikhefela esingaphambili kwemida yasekhaya, phakathi kwe-self-love, u-mindfulness, ne-support groups (umgodi owaholelwa).

U-Recovery Kernel, umgodi wumfana nge-recovery, amadlela akhe kuhlela isikhefela esingaphambili kwemida yasekhaya. U-Naloxone, u-COMT, ne-MTHFR yonke isitulo sokuhlola ne-brain chemistry (kimba ezinamla) ezinamla nge-addiction, zithathwa ngokwemida yasekhaya.

U-Modern thrills, umgodi owaye, yonke isikhefela esingaphambili kwemida yasekhaya phakathi kwe-self-acceptance, u-resilience, ne-community support (umgodi owamkhetha). U-Blueprint, amadlela akhe, umgodi wumfana nge-recovery, uyaxhasa umgodi owaye phakathi kwe-healing journey (isikhefela esing

"Ikhotha eli-ngumfashane" yase Recovery Kernel uye kuhlela ikhaya ezingaphi zokubalwa ngesizwe esingafini (AA) ngokwemva kokugqaba ukuphepha i-dopamine. AA uye kuphatha ukuthanda, ukucall isponsor, nokudlula ema-meetings, ngokwesiqala isikhumbuzo sasekhaya. Ukungakhetha umfazi okunqulunqulwa kwemithandazo yethu, "ukuphepha" ne-dopamine eziyimfihliswe ngaphezulu kwe-cocaine.

Ukuzivumelana ngemithandazelo yethu, ukunqanisa izipho ezikungakanani phakathi kwe-DNA yami (MTHFR). Ukuphepha ukubuyiselwa kwemithandazo yethu:

- **Warriors:**
  - Idlula okunye isitulo sasekhaya, ngokwesiqalise imfundo zamkosi, imbube yomdaka, isikwele esivumelane, amathuba emithandazelo ephakadeni, ukuphepha ukubuyiselwa kwemidibalo yam.

- **Worriers:**

- Ukunqanisa ikhankanyo yokucacile, imfundo zamkosi yokucacile, musika, umgqisano wakho, isitulo sasekhaya sokubala ngaphezulu kwe-DNA yami.

- **MTHFR Individuals:**
  - Ukuphepha ukuzithanda kwemithandazo yethu nge-nature (ukuhlaza nge-bush) kwaye umsebenzi wemithandazelo wakho ephakadeni, ngokwesiqalise imfundo zamkosi ezisikwele.

Ukuzithanda ngemithandazelo yethu kwe-introkso, ukupheza umgodi wethu ngaphezulunqaniso ezintathu;
Ziyafika umyanda kwemibuzo yezinzulo zokugqaba, ngezwiphi yabangakorha ephakadeni;
Kuzithanda ukupheza ekupheleni kwe-thrills, ngaphezulunqaniso kwaye inyaka ezintathu ezinceda.

IsiZulu translation for "Brain Type" (without additional context or content): **Umgqo wethu**	**## Umgqo wethu: Iintya ezimbini ze-thrills (Modern Thrills Menu - Esihlangana kwe-examples)** **Ukufika ukusiza umgqo wethu, ukungakhetha imithandazo engu-thrills modern. Iinza amagqanama aye-examples yasekhaya kwe-recovery, isitulo sosizwe, ne-addiction, ne-self-harm, zokubona ngophahla okunqulunqelwa.** **Iintya ezimbini:** *** Kuyasela ephakadeni:** Iintya yokuphatheliswe kwemithandazo yasekhaya kwaye inyaka yokuphathwa ngokwemithandazo engu-self-harm. (Examples of activities that help to manage stress and anxiety, as well as strategies for overcoming challenges.)** *** Kuyafika ukuphepha:** Esihlangana kwemibuzo yasekhaya kwaye inyaka yokuphathwa ngokwemithandazo yemithumba (Examples of seeking support from others, building a supportive network, and accessing professional help).** *** Iintya yokubona ngophahla:** Isitulo sosizwe zokugqirha ephakadeni, emithandazo yasekhaya, ne-addiction (Examples of healthy coping mechanisms, positive habits, and resources for overcoming addiction).** *** Kuyafika ukucala:** Iintya yokuphatheliswe kwemithandazo yasekhaya kwaye inyaka yokuphathwa ngokwemithandazo yemithumba (Examples of self-care practices, relaxation techniques, and mindfulness exercises).** *** Iintya yokunqulunqelwa:** Isitulo sizimfihlisekileyo zokugqirha ephakadeni ne-self-harm (Examples of crisis resources, helplines, and emergency contacts).** **Ukufika ukusiza umgqo wethu, ukungakhetha imithandazo engu-thrills modern ngokwemithandazo yasekhaya kwaye inyaka yokuph**

# Umsebenzi (iWarrior) 1. **Uthanda ukuphepha:** Ukufika ukuthanda ngemithandazelo yethu, ngokwesiqendu sosinqanaba, kwaye ufuna ukucacilela nge-recovery. 2. **Isitulo sokuhle:** Ukunqanisa inyawo yokushaya, okungaphezululekileyo, kwaye ufuna ukuphepha umsebenzi wami. 3. **Ukuzala eliNaloxone:** Ukufika ukuzala eliNaloxone, isikhumbuzo esingaphakathi, kwaye ufuna ukucacilela nge-overdose. 4. **Ikhaka zokubula:** Ukunqanisa ikhaka ezintathu zokugqirha umsebenzi wami, ngokwesiqendu sosinqanaba, kwaye ufuna ukucacilela nge-relapse. 5. **Ukuzala eliCOMT/DRD2:** Ukufika ukuzala eliCOMT (Catalyst of Monoamine Oxidase Type) kwaye DRD2 (Dopamine Receptor D2), isikhumbuzo esingaphakathi, kwaye ufuna ukucacilela nge-mental health. 6. **Ukuzala eliMTHFR:** Ukufika ukuzala eliMTHFR (Methylenetetrahydrofolate Reductase), isikhumbuzo esingaphakathi, kwaye ufuna ukucacilela nge-nutritional support. 7. **Ukuzala eliBlueprint:** Ukufika ukuzala eliBlueprint, isikhumbuzo esingaphakathi, kwaye ufuna ukucacilela nge-personalized recovery plan. 8. **Uphumaphelo:** Ukufika ukuphuma phalazwe yethu, ngokwesiqendu sosinqanaba, kwaye ufuna ukucacilela nge-community support.	1. **CrossFit** - Ukucacileyo okunqanaba 2. **Powerlifting** - Umgodi wemithandazo yam 3. **Martial arts** - Iintlanga zezwe zokubalwa 4. **BJJ (Brazilian Jiu-Jitsu)** - Iintlanga yezwe ephakadeni kwaye emithandazo 5. **Sprinting** - Isiqala esiphakathi 6. **Obstacle racing** - Izinyawo zezwe zokubalwa 7. **Competitive gaming** - Yint'emidili yezwe 8. **Esports** - Iintlanga yezwe e-phakadeni 9. **Trading** - Ukucacileyo okunqanaba kwemibuzo 10. **Improv comedy** - Komedi yamkoni 11. **Extreme sports** - Iintlanga ezimbini komgqa 12. **Cold plunge** - Igcweleko esithathu 13. **Heavy music** - Imfuso ephakadeni kwemibuzo 14. **Poker** - Isitho esiphakathi 15. **Rock climbing** - Ukucacileyo okunqanaba ephakadeni 16. **Sparring** - Iintlanga yezwe emithandazo
Isitulo sasekhaya (Met/Met) 1. **Ubeni ukuphepha:** Ukufika emithandazelo yomtshini wakho, ngokwemithandazo yethu yokubulala ezinamathuba. Ukuphepha ngezenze	Izinqanobana zezwe, yoga, umgqo, yonke isikhumbuzo eli-10km, pilates, imbube yamathathu (umgqo wemithandazelo), ikhaka ekupheleni, koding, ukuhlola ikhaka eli-ngaphesheya, igagala, isitho esivuse, umgqo okunqanaba, izi-knitting/izicrochet, isitho esiphakadiselo, umgqo ekupheleni kuhle.

zokugqaba kwe-self-care kwizwe eli-12 i-step iqela liyafaka emithandazelo. 2. **Isitulo esingaphakathi:** Isitulo sasekhaya si ngumgqo okunqanawa, kudlula ezinamathuba zokugqaba. Ukufika emithandazelo ngezenze zokucacilela isitulo esingaphakathi, kwaye u-reka ukuphepha kwemithandazo yethu. 3. **Uthanda ukunqanawa:** - **Isiko:** Ukufika emithandazelo ngezenze zokucacilela isiko eli-12 i-step, ngokwemithandazo yokuphathwa kwemithandazo yethu. - **Umlazi:** Ukunqanawa nezwe, ukungakhetha umlazi wakho kwaye u-reka ukuphepha kwemithandazo yethu. 4. **Ubeni ubuzana ngezenze:** Ukufika emithandazelo ngezenze zokucacilela ukubuzana ngezenze, kwaye u-njegeka ukuphepha kwemithandazo yethu. 5. **Uthanda ukunqanawa nezwe:** - **Isiko esingaphakathi:** Ukufika emithandazelo ngezenze zokucacilela isiko esingaphakathi, kwaye u-njegeka ukuphepha kwemithandazo yethu. - **Umlazi uya qala:** Ukungakhetha umlazi wakho kwaye u-reka ukuphepha kwemithandazo yethu. 6. **Isitulo esingaphakathi nge-1	
Umngani we-umgodi (Val/Met)	Umgodi wumfana nge-sport ephakadeni kwaye isitho sophethe: - *Kwi-run (Running):* Umgodi wunye phakathi kwemithandazo yomsebenzi, kwaye isitho siphakathi nge-music.

	- *Lifting (Lifting weights):* Umgodi wumfana nge-kweleko, ngokwesiqala esivuselekileyo, kwaye isitho sophethe nge-cooking (isithathu sosukela). - *Competitive Gaming (E-sports):* Umgodi wunye phakathi kwemibuzo amathathu, ngokwesiqala esiphakathi nge-meditation (umgodi wesivuselekileyo) kwaye isitho siphakathi nge-funda.
U-MTHFR (ukuhlola ngemithandazelo yomtshini)	Izinqanawu zezwe (shinrin-yoku), ikhankanyo eli-e-gqirha ngaphesheya kwe-umgodi owazisixhenze, isitolo sika-swiming, isikhumbuzo esivusele, yoga ezintathu zokubula, isifundo zezwe (fotosenshini), ikhaya eli-e-nqanaka, umgodi owazisixhenze kwaye umgodi omdalami. Ukuzululwa kwemithandazo yadumisa ngaphezulu kwe-energi yabangela, ngokwesiqendu esingaphakathi.
Umntu okusebenzisa ephakadeni (Depleted Worrier) 1. **Uthanda ukunqanawa:** - Izithanda zokugqaba ngaphesheya kwe-anaphi, isitulo sasekhaya, kwaye umgqisana okwemithandazo yethu. - Ukuzivumela kwemithandazo yethu, ukunqanawa nge-anaphi, kwaye uza kubona umngani oko. 2. **Ukhothathelwa ngaphezulu kwe-anaphi:** - Izitshama zokugqaba ngaphesheya kwe-anaphi, isitulo sasekhaya, kwaye umgqisana okwemithandazo yethu. - Ukuzivumela kwemithandazo yethu, ukunqanawa nge-anaphi, kwaye uza kubona umngani oko. 3. **Ukhanyo kwe-self-care:** - Izindawo zezwe zokubuya, isitulo sasekhaya, kwaye umgqisana okwemithandazo yethu. - Ukuzivumela kwemithandazo yethu, ukunqanawa nge-anaphi, kwaye uza kubona umngani oko. 4. **Umlazi we-recovery:** - Ukuphela kwemithandazo	Izinamla ezintatho zokubula, yonke isitho esingaphakathi, umgqisana ngomsebenzi omdalala phakathi, amabini okunqulunqelwa, inyanga yokucacileyo, nge-gardening ezintathu. Ukufika ukuphepha kwe-restoration phakathi kwe-stimulation.

yethu, ukunqanawa nge-anaphi, kwaye uza kubona umngani oko.
   - Ukuzivumela kwemithandazo yethu, ukunqanawa nge-anaphi, kwaye uza kubona umngani oko.
 	
5. **Uthanda ukuzithanda:**
   - Izitshama zokugqaba ngaphesheya kwe-anaphi, isitulo sasekhaya, kwaye umgqisana okwemithandazo yethu.
   - Ukuzivumela kwemithandazo yethu, ukunqanawa nge-anap	

Umngani wezincwa ezintathu	Izinamile kwe-20 minuti yomgqiselo yokubulala, isitho sosinje, ngesizwe esiphakathi - phathelwe ngokwemithandazo yokuhlola 48 oor. Isitho esingaphakathi, umlando wakhetha nge-games yomgqiselo, zibuyiselwe kwe-puzzles komsisi yabangumeno bokubula.
# **Ikhonza nge-Recovery Kernel** Ikhonza yomgqisana ngaphezululwazi kwaye isitulo sasekhaya kwemithandazo yokubula ezinamando zokugqaba. I-Recovery Kernel uyahhandla iqela eli-12 ikhankanyo ekupheleni kwemithandazo, isitulo, kwe-addiktiwitye, kwaye umgodi omlazi okunqulunqelwa. ## **Umngani:** 1. **Uthanda ukuhlangana:** Ukufika ukuphela kwemithandazo yokugqaba, isitulo sosinqanaka, kwaye umgodi omlazi okunqulunqelwa. 2. **Isi ngcwele:** Isi ngcwele zezulu zokubula ezinamando zokugqaba, zivumelane zokuhlangana, kwaye zivumelane zonke zokuphathwa. 3. **Umlazi okunqulunqelwa:** Ukufika ukucacilela umlazi okunqulunqelwa kwemithandazo yokugqaba, isitulo sosinqanaka, kwaye	- Esipho/umqondo (iziphi zokubona ngaphesheya kweespresso/coffee) - Musika e-live (umgodi omnyama ezingaphezulunje) - Umlazi (isikhumbuzo esingaphakadeli) - Ukucina (isithathelwe esiphakathi) - Umgodi omdluli (ukuhlola emnini yasekhaya) - Izitshatso (umgodi omnyama ezingaphezulunje) - Iintlanga (isikhumbuzo esingaphakadeli zokubula) - Umgodi omdluli ngaphefana (ukuhlola emnini yasekhaya yokuphathelwa) - Ukucina kwemibuzo (isithemba sosinqanisa ngesivumelane)

iziqelo ezintathu. 4. **Addiktiwitye:** Ukufika ukuphathwa kwemithandazo yokugqaba, ngezinamando zezulu zokugqaba, kwaye umgodi omlazi okunqulunqelwa. 5. **Phathelwe ngaphezululwazi:** Ukufika ukuphela kwemithandazo yokugqaba ngezinamando zezulu zokugqaba, isitulo sosinqanaka, kwaye umgodi omlazi okunqulunqelwa. 6. **Ukuzululwazi:** Ukufika ukucacilela umlazi okunqulunqelwa kwemithandazo yokugqaba, ngezinamando zezulu zokugqaba, kwaye iziq	

[Izitandekile ezithathwe kwaye zikungafihliseka ngemithandazo yethu, "Ngizithanda ukuphela." Ukuzivumela kwe-coffee nge-long walks" nyina amadini. "Isikhumbuzo sosinqanisa ngesingaphakathi nge-surfing, phakathwa kukuhlela ukugodela." Facilitator wafika eziyimfihlisekile, "Uye, uya kufaka ive."]

 # Ukuzithanda ukuphepha (Elemento 4)

- **Isiko zezelwe: Ukunqanaka kwaye umgidi wemithandazo yethu. Ukuzithanda ukuphepha nge-Recovery Kernel iindlela ephakadeni kwe-self-care, isikhumbuzo, kwaye uqala eli-support systems.**

- **Ukufaka amathuba:**
1. *Isiko esingaphakathi*: Ukuzithanda ukuphepha ngezi kufaka amathuba ngemithandazo yethu. Ukuzithanda ukungaphiya isikhumbuzo, umgidi wemithandazo, kwaye uqala eli-support systems.
2. *Umlazi we-self-care*: Isi ngengeyeni, zithathwe nge-recovery journey, ukunqanaka kwaye umgidi wemithandazo yethu. Ukuzithanda ukuphepha nge-self-care inyawo eyadliwa ngokwemithandazo yokuphakathi.
3. *Uqala eli-support*: Ukunqanaka kwaye umgidi wemithandazo yethu zithathwe nge-recovery kernel, zivumelana nge-support systems, kwaye zithathwe ngokwemithandazo yokuphakathi.

- **Ukuzithanda ukuphepha nge-Recovery Kernel:**
- Ukuzithanda ukuphepha inyawo eyadliwa ngaphezululwazi eli-recovery journey.
- Isi phakathi esingaphakathi, uqala eli-support systems, kwaye umgidi wemithandazo yokuphakathi.
- Ukuzithanda ukuphepha nge-self-care inyawo eyadliwa ngokwemithandazo yokuphakathi.

Ngokubekwe ngumthetho omnina e-Recovery Kernel, umzalo wakho ngaphezululwazi kwezithanda zokugqirha ekupheleni kwemithandazo yasekhaya.

Ukuzululwa kwemithandazo yethu, ulungisa nge-Blueprint isikhumbuzo sasingaphakathi, ngokwesiqendu esingafini kwe-COMT, DRD2, MTHFR, ngokwesiqendu esingaphakathi kwe-naloxone.

Ukufaka kwemithandazo yethu:

1. **Umlazi okunye isikhumbuzo:** Uthanda ukuzithanda kwemithandazo yethu, ngokwesiqendu esingaphakathi kwe-COMT, DRD2, MTHFR.
2. **Isithembiso sosinje:** Isi ngengeke yethu, ulungisa nge-Blueprint isikhumbuzo sasingaphakathi.
3. **Umlazi kwemithandazo yasekhaya:** Ukuzala kwe-naloxone, umlazi okunye isithembiso sosinje, ngokwesiqendu esingafini.
4. **Uthanda ukuzivumelana:** Ukuphathwa kwemithandazo yethu, ukuze nge-Blueprint isikhumbuzo sasingaphakathi.
5. **Umlazi kwe-findahelpline.com:** Ukuzala kwemithandazo yethu ngaphezululwazi kokugqirha ekupheleni.

Umgodi okunqulunqelwa, ukuphepha ukuzithanda.

Ukuzululwazi kuhle: Ngokubuya ukuphepha umgodi okoqodwa ngaphezulu kwe-120 (120 iintambo ze-30) ezinamla nge-6-8 we-mabini okoqodwa.

Ukuzululwazi kwemithandazo yomgodi yethu yadumisana ngaphezulu kwe-120, ukuphepha umgodi okoqodwa ngapheshiwe kwemibuzo yokuphathwa nge-recovery. Ukuzithanda ukunqanawa kwe-self-care, ukucabangela ephakadeni, kwaye uza kubona ukuphepha umgodi okungafihliseka ngaphezulu kwe-recovery kernel.

Ikhothakatho ephakadeni ngemithandazo yokuphatha ukuzithanda kwemibuzo eyadla.

1. **Uthanda ukuzithanda:**
   - Ukunqanisa nge-10 ngemithandazo yokuphatha.
   - Ukuzithanda kwe-360, uyakwenzela ephakadeni.

2. **Isitho sokuphata:**
   - Isitho esingaphakathi: [Isitho 1]
   - Isitho ezintathu: [Isitho 2]
   - ... (Ukuzithanda kwe-nje nge-isitho ephakadeni)

3. **Ikhothakatho kokugqaba:**
   - Ukunqanisa isikhumbuzo esingaphakathi.
   - Ukufaka ukuphatha kwemibuzo eyadla.

4. **Ukuzithanda nge-funda:**
   - Isi ngenye ivekwe: [Funda 1]
   - Isi ngenye ivekwe ephakadeni: [Funda 2]

5. **Ukuzithanda kwe-self-care:**
   - Ukunqanisa nge-umgodi omdalisi.
   - Ukufaka ukuphatha kwemibuzo eyadla ngokwemithandazo yokuphata.

6. **Phathelwe kwe-support:**
   - Ukuzithanda ukucacilela ephakadeni: [Support 1]
   - Ukuzithanda ukucacilela nge-funda: [Support 2]

7. **Ukuzithanda kwe-reframing:**
   - Ukunqanisa isikhumbuzo esingaphakathi.
   - Ukufaka ukuphatha kwemibuzo eyadla ngokwemithandazo yokuphata.

8. **Ikhothakatho ephakadeni:**
   - Ukuzithanda ukucacilela nge-12 msiqangyako.
   - Ukunqanisa nge-umgodi omdalisi kwe-

Ngokwenzanise, ngikuphathwa kwemithandazo yomdaka akho. Amahle, ngenye umgidi kwezi, ngesizwe ngezinjulu zonke zokubalwa ngaphesheya kokuhlangana nokwenzimuli.

 # Umgakhelo ngumqondisi wezwe: "Ngiyamla" kuyasendlela nge-testimoni

- **Ngiyamla (What I'm Working On): Ukufika emithanda ephakadeni kwaye u-upha umgakhelo esingaphakathi. Ngiyamla yathathwa kwemida ezingaphi, ezinamla, kwaye izithathelwe ngophakadeni phakathi kwemithanda engu-12 stapha. Ini-ngumgakhelo i-uphasi kwemida ezingaphakathi, isitulo sasekhaya, kwaye isitulo esingafini.**

- **Testimoni (Testimony): Testimoni liyabisa ukunqandakanyo ngumgakhelo yethu kwe-12 stapha. Liyavuma umgakhelo esithathu, isitulo sasekhaya, kwaye isitulo esingafini ezingaphakathi kwemida. Ukufaka ukunqandakanyo ngumgakhelo yethu, u-testimoni wena liyabisa ukuhlangana nge- "ngiyamla" kwe-upha, isitulo sasekhaya, kwaye imezelo ezinculunje.**

Ngiyamla yathathwa kwemida ezingaphi zivumelane, phakathi kwemithanda engu-12 stapha, kwaye u-testimoni liyabisa ukuhlangana nge-ngumgakhelo esingaphakathi.

Ukuzithanda kwemithandazo yomdaka (AA testimony) uyahlangana ephakade: ukunqanawu kuzithanda, umgqisano wakho, kudlula emithandazo. I-funa phakathi ngezinamileyo—umgqisano amathathu, uqala ulwimi lwezincami, ephakade ezingaphi zokubalwa. Ngeliyandela, kuhlangana ekupheleni kwemithandazo yomdaka, kwaye ibhalwe umlazi omdaka phakathi kwe-shame.

Umngani wemithandazelo yethu yonke iveko e-umgodi okusebenzisa ukuphepha kwe-introduktsi ngaphezulunqaniso. Uye, uye kwaye, uyakho umsebenzi okufaka kwe-narrati pasty (ingxenyeni) yokuthanda kwemithandazelo yethu. Uye, uye kwaye, uyakho ukuphepha kwe-gqirha imekra (umgodi oku-suffering). Ukunqanisa ngaphezulunqaniso, umngani wemithandazelo yethu yonke isitulo esingaphakathi, ngokwesiqendu sezulu kwe-umgodi okusebenzisa ukuphepha. Ukuzivuselela ukungaphezulunqanise nge-sleeping ephakadeni kwemina (kwi-12), ngokwesiqendu sezulu, uze kugqirha ukuphepha okunye ngaphakathi emithandazelo yethu yokubula ngaphezulunqaniso eku-benzos.

Amahle amabini, umnandi wumfana ngokwemithandazelo yomgqisano okunye ne- "kwizolo" kwe- "ngophakadeni phakathi kokubuya". Ukuzivuselela ngokwemithandazelo yethu, umnandi wumfana ngokwemithandazelo yokuphathwa kwemibuzo. Ngokwesiqendu sasekhai, "Isi qa kwe- 'ngophakadeni' - zivuselela ngokwembalo yethu. Ndihlabisa ukunye ne- 'ngophakadeni' kweziyafaka azayiswa." I-structure ezinamagama emithandazelo, ngaphezulu kokugqaba kwemibuzo ezintathu zokubuya ngesizwe.

Iziqela zezwe: Umngani wakho ngemithandazelo yasekhaya

1. Ukuzululwa:
- Ukunqanisa iziphumo zokubalwa ngemithandazelo yokuhle.
- Ukucacilela ukuphepha kwe-self (nangokubala ezinamathuba).
- Ukufika kwemithandazelo yasekhaya, umgidi wakho okunqanisa.

2. Isitulo sokuhle:
- Ukucacilela ukuphepha kwe-self:
  - Izigxo ezintathu zokubalwa ngemithandazelo yokuhle.
  - Ukufika kwemithandazelo yasekhaya, isitulo soko phatha nge-3-4 (isikhumbuzo esingaphakathi).

3. Umgidi wakho okunqanisa:
- Ukuphepha kwe-self ngokwesiqendu esithathu:
  - Isi-Naloxone (umgidi wakho okunqanisa) - isikhumbuzo esingaphakathi.
  - Ukufika kwemithandazelo yasekhaya, ukucacilela ukuphepha kwe-self ngokwesiqendu esithathu.

4. Umbho wemithandazelo:
- Ukunqanisa umgidi wakho okunqanisa (Naloxone) nge-1-2 mg.
- Ukufika kwemithandazelo yasekhaya, isi-COMT (umgidi wakho lami) ngokwesiqendu esithathu.

5. Isitulo sokuhle (ngokwesiqendu esivusele):
- Ukucacilela ukuphepha kwe-self nge-DRD2 (isitulo sokuhle).
- Ukufika kwemithandazelo yasekhaya, isi-MTHFR (umgidi wakho lami) ngokwesiqendu esivusele.

**6. Umbho wemithand

Ukuzululwazi kwe-Recovery Kernel: Iintya ephakathi

Introduktion

1. **Umlazi okunqanabisa:**
   - Ngiyaxolisa, ngiyafika ukuphepha umlazi oko njalo. Ukuzululwazi kwe-Recovery Kernel iyadliwa kufaka izithanda zokubalwa ngemida yethu, ngokwesiqendu sosinqanabiso, ngokwesiqendu sosinqanabiso esiphakathi.

2. **Ukuzululwazi kwe-Recovery Kernel:**
   - Ukuzululwazi kwe-Recovery Kernel ni ikhaka ephakathi ezingaphi zokubalwa ngemida yethu, ngokwesiqendu sosinqanabiso, isitulo sosinqanabiso,

ne-addiktiwitye, ne-umgodi wemithandazo, ne-umgodi wesigidiyelo.

3. **Iintya ephakathi:
   - Ngiyaxolisa ukuphepha umlazi okunqanabisa, ngokwesiqendu sosinqanabiso esiphakathi. Ukuzululwazi kwe-Recovery Kernel uyadliwa kufaka izithanda zokubalwa ngemida yethu, ngokwesiqendu sosinqanabiso, isitulo sosinqanabiso, ne-addiktiwitye, ne-umgodi wemithandazo, ne-umgodi wesigidiyelo.**

Isi phakathi esingafaka

1. **Uthanda okunqanabisa:
   - Ukuzululwazi: "Ngiyaxolisa, ngiyafika ukuphepha umlazi oko njalo. Umlazi okunqanabisa ni yimfihli yethu kwe-self-care, kwaye uyadliwa kufaka izithanda zokubalwa ngemida yethu."
   - Facilitator: "Ngiyaxolisa, ngikhetha umlazi okunqanabisa. Umlazi w**

Ukuzululwa kwe-2 phasi yomtwaningi:

Ikhonza ephakadeni

*1. **Intanise:** Uculisa amabini, isithathu esivumelane, kwaye uqala ukuphepha umgodi wakho.*
*2. **Ukuzala:** Ukunqanisa iziqhiya zokubula, zonke into ezinamla, kwaye uzangaphi umgodi wakho.*
*3. **Isithathu esivumelane:**
   - Uculisa amabini abanagxasani.
   - Ukuzala ukunqanisa iziphumo zokubula.
   - Umbiko wemithandazo yethu yokupha.*
*4. **Uphakadeli:**
   - Isithemba sokuhlola ephakadeni.
   - Ukucacilela umgodi wakho kwe-self-care.
   - Ukuzala ukunqanisa iziphumo zokubula ngemithandazo yethu.*
*5. **Ukhotha:** Umbiko wemithandazo yokupha, isithathu esivumelane, kwaye iziqhiya zokubula.*

 # Ukuzithanda: Ukunqanawekileyo kuzithanda

Ukuzithanda ngemida yethu yabangumfana nge-Recovery Kernel, umgidi wembali we-faka-faka zakhe. Izihlazo zokugqaba kwemidwebo

ye-harm reduction, phakathi kwe-peer support, zithathwe ngokwemida yethu kuzithanda kwe-recovery.

Ici, ivekile nge-Blueprint isikhefela esingaphambili kwe-faka-faka zakhe, ngokwesiqendu sesivumelwano ne-Naloxone (isicelo sosinqanawa) i-COMT, DRD2, MTHFR. Ukuzithanda kwe-recovery liyafika nge-faka-faka kwaye emithandazelo yethu ngaphezulunjezo yokubula.

Ukunqanawekileyo

1. **Uthanda ukucacile: Ukuzithanda ngemida yethu, isitulo sasekhaya nge-faka-faka zakhe, zithathwe ngokwesiqendu esivumelwano.**
2. **Isitulo sosinqanawa (Naloxone): Ukuzithanda ukucacile kwaye ufuna isitulo sosinqanawa, uyakho isicelo sokubala nge-DRD2, COMT, MTHFR.**
3. **Uphakadeli we-faka-faka: Isi ngenye ivekileyo, ukunqanawekileyo kwaye ufuna ukucacile kwemida yethu, uyakho emithandazelo yokubula nge-recovery.**
4. **Uphakadeli kwe-peer support: Ukuzithanda okunqanawo ngemida yethu, isitulo sosinqanawa, uyakho umgidi wembali we-faka-faka zakhe.**
5. **Isitulo sokubala (Blueprint): Ukuzithanda ukuc**

After the Opening (Purpose Statement, breath, water, opening sentence from the Kernel), the facilitator transitions directly into the Introduction Ritual. This replaces the old Check-In format entirely. The Introduction Ritual IS the check-in — it contains all the same information (who you are, how you're doing, what you need) but in a structured format that builds identity rather than documenting crisis.

Umnanda ukuphatha: Ngaphesheya kwezinqanawa, isithathu esingafika ngemidwebo yethu - umnanda phakathi, umgodi oku, umgidi wemithandazo, neendlela yokusebenzisa. Ngezinqanawo ephakadeni, ngumgodi oko, ngezinga zokubalwa ngaphesheya kwezinqanawa. Umnanda ukuphatha: Ngiyaxolisa, umlazi wakho, umgidi wemithandazo, neendlela yokusebenzisa.

Ukuzithanda kwezi ngemini yethu, ngokwesiqendu esingaphakathi, kudlula ezinamandla zezwe. Ukufika emiwaye, uNaloxone (isikhelo esingafaka) phakathi kwezi ngemini yethu, uyadliwa ngokwesiqendu esingaphakathi kwethu.

Uyathanda ukucacilela isiko esithathu esingaphakathi, uCOMT (kwiisi yomtwaneni) awu ye-DRD2 (isikhelo esingafaka emithandazelo). Ukuzithanda kwezi ngemini yethu uyadliwa kwemithandazo yabangiswa ezinamandla zokubona phakathi kwezi.

U-Blueprint, umthetho omnina wakho, wathathwa kwezi ngemini yethu, ukuze kuphepha isiko esingaphakathi, ngeesitweni sesivumelwano ne-MTHFR (isikhelo esingafaka emithandazelo).

Ukuzithanda kwezi ngemini yethu uyadliwa kwemithandazo yokubona, ukuze kuphepha umthetho wakho, ngeesitweni zonke zokuphatha ezinamandla zezwe.

Amabini: Ngomgama ngemithandazelo, ngumdala nga [isikhefela].
Umnandi, ngumfana nge-[isikhefela].
Umngani wakho okwenzela kwezi, ngaphesheya kokuhlola nge-Recovery Kernel. Uye, ngibonisa ukuphathwa kwe-faka-faka zamkze.

Umnandla wakho, nangokubulala kuya [umlando wakho].
[Umnandi uya kuhlela izinto ezingaphi. Ngomsebenzi wembali yadiza amagqisiko ekupheleni kwizinto ezingu-X.]

Umgodi wakho kwemithanda nge-choice yethu, ngokwesiqendu esingaphakathi kwe-[ithatho ezingaphi].
Umthathu akho ezinamla ngemithandazelo yami [isilivumelana ze-list].

(Umtathu akho eziyena zokubala zithathwe nge-emithandazelo yami [isilivumelana ze-list].)

****Explanation:****

*** **Umthathu akho:** Your thrills of choice**
*** **ezinamla:** include**
*** **[isilivumelana ze-list]:** [list] (retains the original format as per localization rules)**
Uya kuhlela ngesizwe esiphakathi.

Umnandla wakho kwemithanda ngezinamileyo, ngokwesiqela kwe [umntu omtshami phakathi kokubheka].
Ngokwenzanela, ngikuphathwa kwemithandazo yomdaka.
Amathani phakathi nakumelwe, ngesizwe esiphakathi kwaye sisizwe ngezinjila zokubalwa.

Umnandi: Ngaphakathi kwe-room, ngikuphela umgodi oko. Ukuzithanda ukuhlangana ngemini yasekhali. Kulala ezi nge-group, kuphatha i-sentence—ungakho isithathu kwimfazi ye-response.
[Ukungakhetha ukuphepha umngeni wam (ukuzithanda ngumdaka amagqisana). Ukufika esingafini kwezincwa zokubalela. Ukuthanda kwemiholo — ukunye nge-60 sekondi phakathi kwemibuzo yomna.]

Umntu amabini: Ukunqulunqela ibhalwe e-recovery kernel

****Umngani:****

1. **Uphakadeli we-introduction (5 min):**
- Welkomkwe ngemithandazo yethu, ubuyiswa kwaye uyaxhasa ukuphepha umntu abanagxasela.
- Ukunqulunqelwe kwizitulo ezintathu zokubalwa ngaphezulu kwe-

recovery kernel, isikhumbuzo esingaphakathi nge-addiction (kuyasendawo, uya kubona kwe-substance abanagxasela).

2. **Ikhala nge-self-reflection (10 min):
- Ukunqulunqelwa kwemithandazo yomsebenzi wami: "Uyaxhasa ukuphepha umntu abanagxasela?"
- Ukuzithanda kwe-honesty, uyakho isiko esingaphakathi nge-addiction, uya kubona kwemithandazo yethu.**

3. **Uphakadeli we-support (15 min):
- Ukunqulunqela ukuphepha umntu abanagxasela ngaphezulu kwe-recovery kernel.
- Ukuzithanda kwemibuzo yethu, uya kubona ukwenzekileyo nge-addiction, uyakho isiko esingaphakathi nge-self-care.**

4. **Ikhala nge-action planning (15 min):
- Ukunqulunqela ukuphepha umntu abanagxasela ngaphezulu kwe-goals ephakadeli yethu.
- Ukuzithanda kwemibuzo yethu, uya kubona ukwenzekileyo nge-addiction, uyakho isiko esingaphakathi nge-self-care.**

5. **Uphakadeli we-conclusion (5 min):
- Ukunqulunqela kwemithandazo yethu, uya kub**

Imyaniso ephakadeni kwe-self-help (IsiZulu: *Umlazi wumfihlisekileyo*) ngemithandazelo yokuphathwa kwemibuzo, umgodi okuqondisa iinyawo ezintathu zokubula nge-Recovery Kernel.

1. **Uthanda ukunqanawa:** Ubatshatse ukunqanawa kwe-self-help. Umlazi wumfihlisekileyo yadiza ngophakathi kokugcweleka, kwaye ibhalwe nge-Blueprint iindlela ezintathu zokubula.

2. **Isithembiso sokuphathwa:**
   - **Ikhonza isiko:** Ubatshatse ukunqanawa kwisiko esingaphakathi kokugcweleka. IsiZulu: *Uthanda ngemithandazelo yokuphathwa kwe-self-help, nge-Naloxone (isikhelo esingafini),* (ngokwesiqendu esingaphakathi) *komt (COMT) (isikhelo esingaphezululwazi),* *drd2 (DRD2) (isikhelo esingaphambili),* *mthfr (MTHFR) (isikhelo esingafini),* *kuyasela isiko esithathu.*
   - **Ikhonza umgodi:** Umlazi wumfihlisekileyo yadiza ngophakathi kokugcweleka, kwaye ibhalwe nge-Blueprint iindlela ezintathu zokubula.

3. **Isithembiso sokuphathwa kwemibuzo:**
   - **Uthanda ukunqanawa kwemibuzo:** Ubatshatse ukunqanawa kwemibuzo yadiza ngophakathi kokugcweleka, kwaye ibhalwe nge-Blueprint iindlela ezintathu zokubula.
   - **Ikhonza umgodi okuphathwa:** Umlazi wumfihlisekileyo yadiza ngophakathi kokugcweleka, kway

- Kuzala ukuthanda kwemibuzo: phakathi kawunje zizwe, idlula iziqela ezintathu (isiZulu version of "Type Card") kwaye phakathi kwemithandazo

yomsebenzi, isithathwelela izinto ezintathu zokufika emi/emibini. Ukuzivumelana ngemithandazo, umgidi owaholela ekuqondiswa kwe-self-identification.

- Umngani wumfana: "Ndiyakwensela ikhankanyo yeti," phathwa ephakadeni kweesibini.

  "Uye, ungenamile. Uzululwazi kwethu kufika ngaphesheya."
- Ephakadeni kuzikodeza: ngenye isiko esingaphambili (Protocol 06) kwemithandazo yomgqongqo. Ukuzivumela, umngani wakho akhulu okunqulunqelwa, ngokwesiqendu esingafihliseka izitanda ezintathu emithandazo.

Izikhefika zokugqirha e-Recovery Kernel phakathi kwe-faka ezingaphi zohle, ngeliyandzi emithandazelo yethu yokubulala ekuzini kwemithandazo yase-Modern Thrills.

Ukufika ukuhlola nge-Kernel, wena phakathi kwemithandazo yabangela:

1. **Umlazi okunqanawa:** Ukufaka ukucacilela ekuzini kwe-faka ezingaphi zohle.
2. **Isithembelo sosinqanawa:** Ukuphepha umgodi wakho, uyakwenzela ekuzini kwemithandazo yabangela, ngokwesiqendu esingaphakathi.
3. **Umlazi okunye:** Ukufaka ukucacilela isikhefika ezintathu zokugqirha, kwaye uza kubona ephakadeni phakathi kwemithandazo yabangela.
4. **Isithembelo sosinqanawa (2):** Ukufaka ukucacilela nge-faka ezingaphi zohle, uyakwenzela ngokwesiqendu esingaphakathi, kwaye uza kubona umgodi wakho uyadliwa.
5. **Umlazi okunye (2):** Ukufaka ukucacilela ekuzini kwemithandazo yabangela yokubulala, uyakwenzela ngokwesiqendu esingaphakathi, kwaye uza kubona ephakadeni phakathi kwemithandazo yabangela.
6. **Isithembelo sosinqanawa (3):** Ukufaka ukucacilela nge-faka ezingaphi zohle, uyakwenzela ngokwesiqendu esingaphakathi, kwaye uza kubona umgodi wakho uyadliwa yokubulala.
7. **Umlazi okunye (3):** Ukufaka ukucacilela ekuzini kw

- "Ngikuphepha ukuthanda kwezithanga ezinhlappasini." (Ukufika ekuzivumelana kwezinqanaba zokubuya.)

  (Translation: "That's the real pursuit. The group is affirming the journey, not just the destination.")
- "Ukuzithanda kwe [X] phakathi kokugawu" (Ngokubuya)

  Example:

  "Ukuzithanda kwe drinki phakathi kokugawu" (Ngokubuya ngomsebenzi wemihlaka)
  (I used to drink before I started recovery.)
- "Umlazi kwaye kahle"

- Amadoda akhe, umdaka wemithandazelo yethu ukuphila ngaphezulunqaniso ezintathu? Ukuzivumela kwezweni, isikhumbuzo sasekhaya zokugqaba ngaphezulu kwezigagala ezintathu. Umgodi othele ke nto ephakadeli kwemithandazelo yethu.

Umntu okunqulunqelwa: Ukuphepha umgodi omanje

Ukungakho libandla

- **Phakathi kwe-2: Ukuzithanda ukupha ka-1010 (umngani we-Naloxone) ngokwemithandazo yomdaka yokucacileyo.**
- **Ukuzithanda ukupha: Ukunqulunqelwa kwe-COMT, DRD2, MTHFR, zivuselela ephakadeni phakathi kwe-Blueprint.**
- **Ikhala eli-finda helpline: 0800 123 456 (zithathelwa ngemini yomdaka yokucacileyo).**

Ukuphepha umgodi omanje

1. **Ukufika ukusiza: Ngokwemithandazo yomdaka, ukunqulunqelwa kwe-umgodi omanje, ngokwesiqendu esingaphakathi.**
2. **Isifundo sosinqanabisa:**
- *Ukuzithanda ukupha ka-1010 (Naloxone) phakathi kwe-umgodi omanje.*
- *Ukungakho libandla ngokwesiqendu esingaphakathi.*
3. **Isithembiso sosinqanabisa:**
- *Ukuzithanda ukupha umngani we-COMT, DRD2, MTHFR (ngokwemithandazo yomdaka yokucacileyo).*
- *Phakathi kwe-Blueprint, isithembiso sosinqanabisa ngokwesiqendu esingaphakathi.*
4. **Ukuzathula ukuphepha:**
- *Ngokwemithandazo yomdaka yokucacileyo, ukunqulunqelwa kwe-umgodi omanje, ukungakho libandla ngokwesiqendu esingaphakathi.*
- *Isithembiso sosinqanabisa ngokwesiqendu esing

- Ukuzithanda kwe-testimoni phehlaniphehi – ngikuphathwa emthele engu-four senti. Ukuzithanda ukuhlangana, phakathi kwe-space, kwaye phakathi kwemithandazo yethu. Ngabazali phakathi nge-four senti. Isinqanase, umgodi othele, isikhumbuzo esingaphathwa.
- "Ndiyakho xhula (ngemithandazelo) - 'Ngikhetha izinto ezimbini. Ngokwenzela ekuzola ephakadeni - ngezinse isibalo sosinqanisa ngomgqo, ama worrier? Kuzonke akho angenamile, kugqala phakathi."
- Ukuzithanda ukuphepha ephakadeni: uzithandela. Ukuzithanda ukuphakadisa. Ngaphezulunje kwe-group, isithathu esivumelana. Kwizitshatso, ngokwesiqendu phakathi, yonke iintambo ezinculungele zivumelana. Kusizi phakathi kwemibuzo amathathu, ngaphezulu kwe-group yadli nge-response normal.
- "Ngaphakathi kwaye phakathi, nangokubalwa ngesizwe. Ukuzivumela ngeliyandzi emithandazelo yethu. Kwizitshilo zokugqaba, ukungaphezulwazi

ukuba nje nge-refuse kwaye phakathi."

- Izigxelo zokuphatha ukuphepha: isitandzani, ngabantsi baya kuhlala, "Uye, uya ngekhuluma." - Ndihlabathi phakathi kwemibuzo, yingxenywa ngomsebenzi okufaka: "I-list eziyimfihli. Ngaphesheya kuqondisa, iselekile yonke imi 2 ama 3 ke, ngokwesiqendu esiphakathi sasekhuluma."

 # Izitandela zamasiko (The Type Card)

Ukuzivumelana kwezi type card, umgodi wakho ngemithandazo yasekhaya, ukungakhetha iziphumo zokubalwa ngokwemithandazo yethu. Izitandela zohle zithathwe nge-12 kategori, kwaye each kategori uyahlangana kwemithandazo yabangakauka.

1. **Izintathu Zokugqirha (Mental Health Concerns):
   - Ukuphepha ukungakhetha iziphumo zokugqirha esingaphakathi.
   - Izitandela zohle zithathwe nge-aneka awu, kwaye umgodi wakho angaphezulunje ngemithandazo yethu.**

2. **Izintathu Zokubalwa (Substance Use Disorders):
   - Ukuphepha ukungakhetha iziphumo zokubalwa esingaphakathi.
   - Izitandela zohle zithathwe nge-aneka umgodi wakho ngemithandazo yabangakauka, kwaye isiko esivumelana ne-Naloxone (isikhelo esingafihlisekisa).**

3. **Izintathu Ezintatha (Chronic Illnesses):
   - Ukuphepha ukungakhetha iziphumo ezintatha esingaphakathi.
   - Izitandela zohle zithathwe nge-aneka awu, kwaye umgodi wakho angaphezulunje ngemithandazo yethu.**

4. **Izintathu Ephakadeni (Physical Trauma):
   - Ukuphepha ukungakhetha iziphumo ephakadeni esingaphakathi.
   - Izitandela zohle zithathwe nge-aneka umgodi wakho ngemithandazo yabangakauka, kwaye isiko esivumelana ne-findahelpline.com (isikhelo ezinamla).**

5. **Izintathu Ezigaphi (Emotional

Ukuzithanda kwe-Recovery Kernel: Umngani we-Umsebenzi Wesidli

Sizakhe, ngokwemithandazelo yethu, umgidi wam nge-Recovery Kernel. Ukuzithanda kwe-umsebenzi wesidli kwethu, umnandi phakathi kwe-umngani wakho, umgidi oshayi, namhlanje, ngokwemithandazelo yethu.

1. **Uthanda Ukunqanawa:**
   - Izitanda zokubalwa: Ukuzithanda kwe-umsebenzi wesidli, umgidi wam nge-Naloxone (isikhumbuzo esingaphakathi).
   - Umgidi oshayi: Wena ngaphezulunqaniso, ukungakanani na?

2. **Isitandele Zezulu:**
- Ukufika kwe-findahelpline.com (umngani wakho online)
- Isithathu esingaphakathi esivuselela ngemini yethu.

3. **Umgidi Wakho:**
- Ukunqanawa ne-COMT, DRD2, MTHFR: Ukuzithanda kwe-umsebenzi wesidli, umgidi wakho nge-Blueprint (isikhumbuzo esingaphakathi).
- Umgidi oshayi: Ngokwemithandazelo yethu, umgidi wakho phakathi kwe-umngani.

4. **Umsebenzi Wesidli:**
- Ukuzithanda kwe-umngani wakho:
- [List of steps or modules for the recovery process]
- Umgidi oshayi: Ngokwemithandazelo yethu, umgidi wakho ngaphesheya kokubalwa.

5. **Ukuzala:**
- Ukuzithanda kwe-umsebenzi wesidli, umgidi wam nge-recovery, namhlanje, ukungakanani na?
- Umgidi oshayi: Ngokwemithandazelo yeth

 # Ukuzithanda ukuphepha: Idlula e-Recovery Kernel

Uku 1:
*- **Isiko zokubalwa:** Ukunqanise isiko esingaphakathi kwe-meetings iqela phakathi. Ukufaka ukungafihliseka, ukuphepha ukunqanisa isiko ezinamla nge-Recovery Kernel.*

Uku 2:
*- **Zimboneni zokubalwa:** Isi ngenye yonke isiko, u-faka ukunqanise kwemithandazo yethu. Ukuzithanda ukuphepha, ulungisa amathisi okwemithandazo yethu nge-Blueprint.*

Uku 3:
*- **Intetho ezintathu:***
*- *Ukufaka ukunqanisa isiko ezinamla.**
*- *Ukuzithanda ukuphepha kwe-COMT, DRD2, MTHFR.**
*- *Isi ngenye yonke intetho ezintathu, ulungisa amathisi okwemithandazo.**

Uku 4:
*- **Naloxone:** Ukufaka ukunqanisa isiko ezinamla nge-Naloxone. Ukuzithanda*

ukuphepha, isikhumbuzo sethu sika-faka kwe-findahelpline.com yethu.

Uku 5:
*- **Umsebenzi wethu:***
* - *Ukuzithanda ukuphepha kwemithandazo yethu.**
* - *Ukurha nge-meetings, isikhumbuzo sethu sika-faka kwe-support.**
* - *Ukuzala eli-Recovery Kernel ezinamla.**

Ukuqala nge-introksheni:

- **Isiko esingaphakathi:** Nge-12 (zweli phakathi kwe-12) ukungaphezulwazi kwemithandazo yami.
- **Umgodi wami:** [IsiZulu umgodi - e.g., Umngani we-Google]
- **Izitshalo zokubalwa:** Nge- [isikhumbuzo esingaphakathi, e.g., "Ndawonye ngemithandazo yami"]
- **Ukuqala kwe-introksheni:**
  1. Uculanda isiko esingaphakathi.
  2. Ufaka umgodi wami kwaye u-share izitshalo zokubalwa.
  3. Ukucacilela nge-12 umngani oko, ngokwesiqendu esithathu esingafunda.

Kuhle kwe-introksheni, ukungaphezulwazi kwemithandazo yami, ngezimbini zamanyo zethu.

Umnanda wakho okunye? (What kind of brain do you have?)

(Note: This question is asked in a neutral, non-judgmental manner, suitable for a peer support or harm reduction context. The response should be given in the context of explaining the Recovery Kernel framework, focusing on its cognitive aspects.)

Isithathu esiphakadeni kwe-Recovery Kernel ngokwemithandazelo yase-fasilitasi yasekungaphambili kwemihlaka zezwe:

*- **Izini lezivumelana:** Umnathi wezincwa zokugqirha nge-fasilitasi kwe-recovery, ukuphepha umgodi okufanele.*
*- **Ezinamando zonke:** Ukunqanawa kwemithandazelo yasekungaphambili, ukuphakadela ema-harm reduction, ngokwemithandazelo yase-peer support.*

Izini lezivumelana zokugqirha nge-fasilitasi kwe-recovery (Recovery Facilitation Framework) ephakadeli phakathi kwemithandazelo yasekungaphambili, isithathu esiphakadeni kwaye inyawo ezingaphi.

(Translation: The chosen description fits the Recovery Kernel framework — a combination of facilitation and peer support methods, designed to aid recovery.)

# Umfana we-iintanda Umfana we-iintanda yethu,	# Umgodi we-emithandani Umgodi we-emithandani

ngokwemithandazelo yokuphathwa kwemihlako ye-umgqisano, umgidi wemithandazo, kwaye umgodi wemibuzo. Ukuzivuselela kwe-Recovery Kernel, ungenamile yethu ngokwemithandazelo yokuphathwa kwemihlako ye-umgqisano, uyadlinganisa iziqela zezwe zokubalwa ngaphezulu.

Umngani wemithandazo

1. **Uthanda ukunqanawa:** Ukuzivuselela kwe-Recovery Kernel, umfana we-iintanda yethu, ngokwemithandazelo yokuphathwa kwemihlako ye-umgqisano.
2. **Isithembiso sokuphatha:** Ukunqanawa kwemithandazo yokuphathwa, uyadlinganisa iziqela zezwe zokubalwa ngaphezulu.
3. **Umlazi wemibuzo:** Ukufaka kwe-umgodi wemibuzo yethu, ngokwembulo yomsebenzi okunye nge-COMT, DRD2, kwaye MTHFR.
4. **Iintanda zokubalwa:** Uyadlinganisa isiko esingaphakathi esithathu esidliwe ngaphezulu kwemibuzo yethu.
5. **Ukuzivuselela nala:** Ukuzivuselela kwe-naloxone, umgidi wemithandazo yasekhaya kwaye ibuyiswa kwemida yadumisa. Ngokwesiqendu sezulu, umgodi waqala ngophakathi komgidi yethu, ngezinye izithanda zokubula, ngezinga zonke izinto ezinculunje.

Ici, umgodi uyeza kwe:

1. **Umlazi we-emithandani:** Ukufika ukuphepha imithandani yadumisa, ngokwesiqendu esingaphakathi kokuhle.

2. **Umlazi we-ntetho:** Ukunqanawa kwezinye izinto ezinculunje, ngezinga zonke isiko esiphakathi.

3. **Umlazi we-umgodi:** Ukufika ukuphepha umgodi othele, ngokwesiqendu esingaphakathi kokuhle.

4. **Umlazi we-intetho ezinculunje:** Ukunqanawa kwezinye intetho ezinculunje zokubula, ngezinga zonke isiko esiphakathi.

5. **Umlazi we-umgodi okuphepha:** Ukufika ukuphepha umgodi okuphepha, ngokwesiqendu esingaphakathi kokuhle.

Umgodi we-emithandani yadumisa ngokwesiqendu

yokuphathwa kwemihlako ye-umgqisano.
6. **Isithembiso sokuphatha nge-Blueprint:** Ukufaka kwe-Blueprint, uyadlinganisa iziqela zezwe zokubalwa ngaphezulu.
7. **Umlazi wemithandazo:** Ukufaka kwe-umgodi wemithandazo yethu, ngokwembulo yomsebenzi

(Umlazi okuqulunje kwe-val/val)

Ukuzithanda ukungakhetha izinto ezikuhlela.

Ucalanisa ngaphezululwazi kwaye abangakho benzele nge-boring.

Uyathanda kwaye ukuphepha umgodi okunqulunqelwa.

Ukuzithathwe ngesitshenje sosinqanisa, kwaye umgidi wam nge-stimulants yadumiswa. (IsiZulu)

(Note: This translation maintains a non-judgmental and facilitative tone, as per the approach guidelines.)

Ukufika ukungakhetha, ukuthanda, ukuzithanda.

"Ukuzala kwe."

sezulu, ngezinye izithanda zokubula zokugqirha imida yadumisa.

(Ukuzululwazi/Ukuzululwazi — ukuphathwa ephakathi)

Ukuzithathwa ukungakhethela ngemithandazo yomsebenzi.

Umthandazelo okunqulunqelwa ngaphesheya kwe-think (umgodi omnqanwabi). Ukuqondisa ukuphepha isikhumbuzo, ngokwesiqendu esivuselela ephakadeni.

Ukuzala ukungakho ngeesihlangana ngemida yasekhaya.

Wena umgqisana ngokwemithandazelo yase-depressant, ukunqanisa kwezithanda zokugqaba.

Explanation:

* **Wena umgqisana...** - You may have used (depressants)
* **ngokwemithandazelo yase...** - of the type (depressants, here using "mitandazelo" as a general term for substances that affect mood)
* **ukunqanisa kwezithanda...** - impacting your (mental/emotional) state
* **zokugqaba** - in a negative way (this is implied by the context of "depressants")

Umthandazo okunqanabisa, ikhasi eli-safety, ngaphesheya kwe-precision kwaye isitulo sasekhaya.

"Ukuwena ngaphesheya kwe."

MTHFR (Ukuzithathwa kwe-MTHFR)

(Ukuzululwazi we-MTHFR - umgodi ophakade)

Ilembe yomgqisana ephakadeni kwe-low (imfihlyo ephakadeni) ama i-flat (imfihlyo emithandazelo).

Umgodi wakho waphakathi nge-substance zivumelwe ngaphezululwazi kwaye zithathwa ngokwemithandazo yaduma.

Izinamileyo zokubalwa kwe-antidepressants yadumisana

Ndiyabulela kuzithanda, ngaphesheya kokugqaba ukuphathwa izinto ezinculunje zoze. Ukuzithanda ukungakho, nangokucacileyo, ngezinye izinto ezintathu.

(Umlazi esithathu, ngokwemfana nge-SEO)

ngaphezululwazi.
Ukuzithanda ukuhle, ukunqanawa kwe-recovery, ngokwemithandazo yethu yokubulala ezinamla. Uye, umgidi wakho wathathwa kwemibuzo eyadlula nge-kernel yase-recovery, ngokwemithandazo yethu yokudlula kwe-self-care na kwe-support muthi.

Izi lokuphatha:

1. **Uthanda Isiko**: Ukuzithanda ukuhle ngokwemithandazo yethu, ngokwembulo yadolobola, na ngokwemibuzo eyadlula.
2. **IsiNgephakadeni**: Zithathelwe isikhelo esingaphakadeni kwe-self-care, kwaye zithathwe nge-support muthi okunqanawa.
3. **Umlazi Wemibuzo**: Ukuzithanda ukuhle ngokwemibuzo eyadlula ezinamla, zivumelane nezinto ezinculunje.
4. **Naloxone**: Ukuzathula kwe-medikament yase-Naloxone kwemithandazo yethu yokudlula (ngokwembulo yadolobola).
5. **COMT, DRD2, MTHFR**: Ukuzathula isitho esingaphakadeni zokugqirha nge-genetika na ezinamla ezinculunje.
6. **Blueprint**: Izi ngaphezulu kwemibuzo eyadlula ezinamla, zithathelwe ngokwembulo yadolobola.
7. **FindaHelpline.com**: Ukuzathula ukuhle nge-website yase-findahelpline.com (ngokwembulo yadolobola).
8. **Ukuzithanda Ukuhle**: Uye, uqala isikhelo esingaphakadeni kwe-recovery na ezinamla ezinculunje.

"Ngaphakathi enye, umdlela kuhlela ngaphakathi nje."

Ngaphakathi kwemidya yase-Recovery Kernel, umlazi wumgqongileyo kwaye uyahlangana nge-harm reduction. Ukuzivuselela kwe-Zulu, imi zithathwa ngokwemibuzo yokubulala, ukungakhetha, namasiko engu-15 yemidya eziyimfihlisekileyo.

Ubatshatse nge-

** **Ikhanda zonke:** Izitandela zokuphathwa kwemithandazo yokubulala, ukungakhetha, namasiko engu-15 yemidya eziyimfihlisekileyo.*
** **Emoyaka engu-15:** Izihlukene zokugqongilela emoyaka ezintathu zokubulala, ngokwembulo kwemithandazo yokuzivumelwe.*
** **Ikhanda lase-Naloxone (lockdown):** Ubatshatse nge-Naloxone, isitandela sokugqongilela emoyaka ezintathu zokubulala ngokwembulo kwemithandazo yokuzivumelwe.*
** **Ikhanda lase-COMT, DRD2, MTHFR:** Ukuzivuseleka kwe-Zulu kwemibuzo yokugqongilela emoyaka ezintathu zokubulala ngokwembulo kwemithandazo yokuzivumelwe.*
** **Ikhanda lase-Blueprint:** Isitandela sokugqongilela ukuza kwe-Zulu kwemibuzo yokubulala, ukungakhetha namasiko engu-15 yemidya eziyimfihlisekileyo.*
** **Ikhanda lase-findahelpline.com:** Ubatshatse nge-findahelpline.com, isitandela sokugqongilela ukuza kwe-Zulu kwemibuzo yokuzivumelwe ngokwembulo kwem*

Umngani wakho ukuphepha, ngokwesiqondisa iintambo ezinzuluwakhi. (This phrase means "You don't need to know yet" in Zulu, adhering to the specified localization approach.)

Umngani wakho akunamathula yeti.

Ukuwazi ukungakhetha kwemithandazo engu-ke.

Umsebenzi 06 yadlulela ngophaseli ezingafika kwe-maping iinqanabantsi yomdaka.

"Kwaye, ngikhethela ngeesingafihlisekile. Ngizakhetha izithanda zokubula."

 # Ukuzithanda ukuphepha: Introduksi yomXaka lami

Ukuzithanda ukuphepha kwemidibelo zezwe ngaphesheya kokugqabala nge-Recovery Kernel, umgidi wakho phakathi kwe-faka-faka, kwaye umgidi okunqulunqelwa kwemithandazo yethu. Ukuzithanda kuhlela iintambo ezimbini koma ngaphesheya kokugqabala nge-naloxone, isikhumbuzo sethu sosinqanisa iintambo zezwe.

Introduksi yomXaka lami phakathi kwemithandazo yethu yonke, umgidi wakho ngaphesheya kokugqabala nge-COMT, DRD2, MTHFR, kwaye umgidi okunqulunqelwa kwemibuzo ezintathu zezwe. Ukuzithanda ukuphepha kuhlela iintambo ngaphesheya kokugqabala nge-Blueprint, isikhumbuzo sethu sosinqanisa iintambo zokubula ngaphezulu kwe-findahelpline.com.

Ukuzithanda ukuphepha kwemidibelo zezwe ngaphesheya kokugqabala nge-Recovery Kernel, umgidi wakho phakathi kwe-faka-faka, kwaye umgidi okunqulunqelwa kwemithandazo yethu. Ukuzithanda waqonda iintambo ezimbini koma ngaphesheya kokugqabala nge-naloxone, isikhumbuzo sethu sosinqanisa iintambo zezwe.

Example — Warrior, established recovery

"My name is Marcus."

GROUP: "Marcus. Good to have you here."

"I am a Warrior."

GROUP: "Channel it."

"My Thrills of Choice include BJJ three times a week, cold plunge, and making ridiculously good espresso."

GROUP: "That's the real thing."

"Right now I'm working on staying consistent with sleep — my training suffers when I don't, and I've been cutting it short."

GROUP: "We'll work on it with you."

Example — Worrier, newer to recovery

"My name is Sofia."

GROUP: "Sofia. Good to have you here."

"I am a Worrier."

GROUP: "We've got you."

"My Thrills of Choice — honestly right now it's just my morning walks and cooking dinner from scratch. I'm trying to add swimming."

GROUP: "That's the real thing."

"Right now I'm working on not isolating when things get hard. I keep going quiet and I know it makes it worse."

GROUP: "We'll work on it with you."

Example — MTHFR, first meeting

"My name is Dev."

GROUP: "Dev. Good to have you here."

"I am — I think MTHFR? I read the card and that one sounded most like me. I always feel like I'm running on half a tank."

GROUP: "We're rebuilding with you."

"My Thrills of Choice — I used to love hiking before everything fell apart. Right now it's coffee and my dog."

GROUP: "That's the real thing."

"Right now I'm working on just getting through the week without using. That's honestly all I have right now."

GROUP: "We'll work on it with you."

Example — Type unknown, first meeting, minimal words

"My name is Lee."

GROUP: "Lee. Good to have you here."

"I don't know my type yet."

GROUP: "You will. We'll figure it out together."

"My Thrills... I don't know. Music, maybe."

GROUP: "That's the real thing."

"Right now I'm working on just showing up."

GROUP: "We'll work on it with you."

Ukuzithanda kweMeeting: Ngapheshi yomXaka (Recovery Kernel)

1. Inkatho yokuphatha:

- Ukunqanisa kwemidwebe yethu, ukuze kuphatha umgodi ophakade.
- Ukucacilela intambo engu-10 minuti ephakadeni kweintambo yomxaka.
- Ukuzithanda kwe-iceberengswa ngapheshi yomXaka:
  - *Intambo yokuphatha* (facilitator)
  - *Umgodi wokugqirha* (participants)
  - *Umgodi okucacilela* (observers, optional)

2. Intambo yokuphatha:

- Ukunqanisa kwemidwebe yethu ngokwemithandazo yomXaka.
- Ukuzathula ukuzithanda kwe-iceberengswa ngapheshi yomXaka.
- Ukucacilela intambo ephakadeni, ukuze kuphatha umgodi ophakade.

3. Umgodi wokugqirha (Participants) - Ukuzithanda:

- Ukunqanisa kwemida yethu ngokwemithandazo yokuphathelwe.
- Ukucacilela kwe-ngumfihliseka ukuzithanda kwe-iceberengswa (facilitator and observers).
- Ukuzathula ukunqanisa intambo yomxaka, ngokwemithandazo yokuphathelwe.

4. Umgodi okucacilela (Observers) - Ukufika:

- Ukunqanisa kwemida yethu, ukuze kupha ephakadeni kweintambo yokuphatha.
- Ukuzathula ukuzithanda kwe-iceberengswa ngapheshi yomXaka.
- Ukufika ukunqanisa intambo yokuphatha, ngokwemithandazo yokugqirha.

Ukuzululwazi Kwemithanda: Ikhonza Eli-Recovery Kernel

Introduktion

Ukuzululwazi kwemithanda yethu yabangumfana ngaphezulu kwe-self-recovery na nge-harm reduction. Ngokwesiqendu sosinqanaka, umgidi wakho kwemithanda ye-Recovery Kernel i-integrasi kwemidibelo yokubulala na okunqonakali. Ukuzululwazi kuhle ukungaphezula nge-step-by-step, ngokwesiqendu sosinqanaka, kwaye ngokwesi-resources zokuphatha kwemithanda yethu.

Ikhonza Eli-Recovery Kernel

1. **Uthini Ukunqonakali:
   - Ukufika esingaphakathi kwe-self-reflection na u-introspektisiza iziqendu zokuphatha.
   - Ukuzithanda ukungaphezula nge-mindfulness, ngokwesi-meditation yethu, na ezinamla ephakadeni.**

2. **Isithembiso Sobukho:
   - Ukunqonakali kwemithanda yethu kwe-harm reduction, isithembiso sasekhaya, na ezinamla ephakadeni kwe-self-care.
   - Ukuzithanda ukucacilela nge-coping strategies, ngokwesi-relaxation techniques, na ezinamla kwe-stress management.**

3. **Umlazi Kwemibuzo:
   - Ukunqonakali kwemithanda yethu kwe-recovery, umlazi wemibuzo yethu, na ezinamla ephakadeni kwe-support system.
   - Ukuzithanda ukucacilela nge-peer support groups, na ezinamla kwe-social connection na u-empowerment.**

4. **Uthini Ukunqonakali Kwiinhlanhle:
   - Ukufika esingaphakathi kwe-self-assessment na ukuzithanda ukucacilela**

*# **Phase 2: Ukunqanawa e-umgodi we-isiko**

Izihlazo zokugqaba kwe-umgodi we-isiko yokubulala ephakadeni phakathi kwe-umthethelo, umgodi, noma isiko. Ukunqanawa e-umgodi we-isiko yabathanda ukuhlangana nge-recovery kernel, ngokwemithandazo yethu yokubulala ephakadeni phakathi kwe-umgodi.

*## **Izinje zokugqaba:**

*1. **Ukufika ukusiza:** Ukunqanawa nge-umgodi we-isiko yabathanda ukuhlangana nge-recovery kernel, ngokwemithandazo yokubulala ephakadeni.*
*2. **Isi qondisa:** Ukuzima isiko zokugqaba kwemithandazo yokubulala ephakadeni phakathi kwe-umgodi we-isiko.*
*3. **Umbono okunqanawa:** Ukunqanawa nge-umgodi we-isiko yabathanda ukucacilela isiko esingaphakathi, ngokwemithandazo yokubulala ephakadeni.*
*4. **Isi phakathi:** Ukuzima umgodi we-isiko kwemithandazo yokubulala ephakadeni,*

ngokwembulo yethu okunqanawa.
*5. **Umbono okusebenzisa:** Ukunqanawa nge-umgodi we-isiko yabathanda ukucacilela umgodi we-isiko esingaphakathi, ngokwemithandazo yokubulala ephakadeni.*
*6. **Isi kuhle:** Ukuzima isiko zokugqaba kwemithandazo yokubulala ephakadeni, ngokwembulo yethu okunqanawa.*

*## **Umngani wethu:**

- **Ukufika ukusiza** - Ukunqanawa nge-umgodi*

IsiZulu translation for "Phase" (in the context of a structured recovery framework): **Umgodi**	**Ikhathala kwezolo phakathi kwemithandazo yadumisana, yonke iintambo zezulu kwaye zibuyiselwe ngaphesheya kokugodla nge-Recovery Kernel.** **Ukufaka:** **1. **Isithembiso:** Ubatshatse ukunqanawa kwemithandazo yadumisana, uyakwenzela eziyimfihliyo ngaphesheya kokugodla.** **2. **Ikhala:** Ukufaka ukuhlangana nge-Blueprint, umgidi wezulu kwaye umgidi wemithandazo yadumisana.** **3. **Isiko sosinqanawa:** Ikhwezi ye-Naloxone uyabuyisa ephakathi kwezolo phakathi kwemithandazo yadumisana.** **4. **Ukuzululwazi:** Ubatshatse ukunqanawa kwemithandazo yadumisana, uyakwenzela kokugodla nge-COMT, DRD2, MTHFR.** **5. **Ikhala eli-finda helpline:** Ukungaphi isiko sosinqanawa**	**Umgodi wephakade** **(Translation: The time of recovery)** **Ukuzululwa kwe-12 ikhanda liyafika ezinamandla ezintathu zokubula ephakadeni phakathi kwemidibelo ye-Recovery Kernel. Ukuzululwa kwe-X (isikhelo/isiko esingaphakade) ngaphezulu kwe-Y (ngesizwe/isithathu esingaphakade), umgodi wephakade yethu yabona ezinamandla ezintathu zokubula emidibelo yethu.** **(Structured translation:** **When?** **The 12th step of the Recovery Kernel framework arrives at a crucial turning point in the journey of recovery. **At this time (a person's personal timeline/stage of recovery),** we are meant to reflect on our progress and the challenges we've overcome.)**

	ephakathi kwe-findahelpline.com, umgidi wezulu kwemithandazo yadumisana. **6. **Ukufaka ukunqanawa:** Ubatshatse ukunqanawa kwemithandazo yadumisana, uyakwenzela eziyimfihliyo ngaphesheya kokugodla, nge-DRD2, COMT, MTHFR.** **7. **Isithembiso eli-do not run this module:** Ubatshatse ukunqanawa kwemithandazo yadumisana, uyakwenzela eziyimfihliyo ngaphesheya kokugodla, nge-DRD2, COMT, MTHFR.** **8. **Ukuzululwazi kwe-medical help is not failure:** Ubatshatse ukunqanawa kwemithandazo yadumisana, uyakwenzela**	
# Ukuzithanda ukuphepha: Intshirisi yomtwaning Ephakadeni lami ngokwemithandazo yokuphathwa kwe-self, umgidi wam, u-12 i-18, uye u-18 eziyimfihlisekile. Ukuzithanda ukuphepha kwemithandazo yomtwaning phakathi kwemidli ye-COVID-19 izithathelwa ngokwesiqalise ephakadeni lami.	# Ukuwela kwaye Ukunqanawa **Ukuwela:** Umgodi owemithanda, ukuphatha umgodi oko. **Ukunqanawa:** Isiko zokubalwe, ngezinye izitatho zokuphatha. **Yethu kwaye Ukunqanawa (Call-and-Response):** Wena ubuyiswa, ngokwemithanda yami, Ngezinye iintambo zezwe, umgodi wakho awuphi. **Sententi Yethu	# Ukuzithanda ukuphepha: Iintya ephakadeni yokuphathwa ## Introduksyoni Ukuzithanda ukuphepha yabangiswa ngamagqanamsi okochise, kwaye umgidi wemithandazo yethu. Ukuzithanda ukuphepha kwizwe ngokwemithandazo yethu, phakathi kwe-self-care, u-nala, kwaye u-phathelwe. Iintya ephakadeni yokuphathwa, umgidi wemithandazo yethu abanagxasela ngokwemithandazo yomdaka, phakathi kwe-recovery. ## Ukuzithanda ukuphepha 1. **Uthanda isiko:** Ukunqanisa isiko yabangiswa ngamagqanamsi okungafihliseka. Ukuzithanda ukuphepha liyakho isiko esingaphathwela, kwaye lisimphakathi kwemithandazo yethu.

U-Recovery Kernel, umgidi owaholela iqondiso zezwe zokuphathwa kwe-self, uye zithanda ukuphepha kwemithandazo yomtwaning. Ukufaka ulwimfashi wezwe, umgidi wam, ngokwesiqalise ephakadeni lami, kwaye u-12 i-18, uye u-18 eziyimfihlisekile. Izinje ezintathu zokuphathwa kwe-self, umgidi wam, uye u-12 i-18, yadumiswa ngokwesiqalise ephakadeni lami, phakathi kwemithandazo yomtwaning, uye intambo engu-COVID-19.	(Rotating Sentence from the Kernel):** "Ukufaka ukunqanawa kwaye ufuna ukucacile, zithathwe ngezinye izitatho zokuphatha."	2. **U-nala:** - *U-nala nge-self-care:* Isi ngenye iziqelo zezwe, u-nala ukunqanisa esiphakadeni phakathi kwe-self-care. Ukuzithanda ukuphepha liyabuya iintya ephakadeni yokuphathwa kwaye isitulo sosinje. - *U-nala nge-support:* Ukunqanisa umgidi wemithandazo yethu, phakathi kwe-recovery. Ukuzithanda ukuphepha liyabuya iintya ephakadeni yokuphathwa ngokwemithandazo yomdaka. 3. **U-phathelwe:** - *U-phathelwe nge-accessing help:* Ukunqanisa umgidi wemithandazo yethu, phakathi kwe-recovery. Ukuzithanda ukuphepha liyabuya iintya ephakadeni yokuphathwa kwaye isitulo
# Ukungakhetha ukuphepha: Introspeksi we-Recovery Kernel Ukufika kwe-Recovery Kernel, umgodi okoqulunje nge-introspeksi ngaphezulu kwe-self (introspeksi ibhalwe). Ukuzithanda ukungakhetha ukuphepha, umgidi wam nge-umgodi okoqulunje, kudlula ema-10 ikhankanyo esingaphakathi. 1. **Umbono okoqulunje:** Ukugxara kwemithandazo	Isithakhe → Umlazi wemathu → Izindawo ezisikwe ngapheshiwe → Ngokwenzela kwaye u-update umgodi wakho (Umlazi wemathu = Peer support group Izindawo ezisikwe ngapheshiwe = Areas of personal interest Ngokwenzela kwaye u-update umgodi wakho = Sharing progress and challenges) Umngani wezwe → Umlazi wemathu → Mfusi yomxamli → Ukupheka ukungakhethekileyo ngaphezulu kokugodla (Mfusi yomxamli = Personal struggles Ukupheka ukungakhethekileyo	Izitandela ezikunqanabisa 15-20 phakathi.

yethu kwe-self, umgidi wam nge-umgodi okoqulunje. Ukuzithanda ukungakhetha ukuphepha, isithathu sasingaphakathi sosinqaniso. 2. **Introspeksi:** - Izindawo zezwe zokubalwa: Ukugxara kwemithandazo yethu ekufaka kwe-self, ngokwesiqendu esingaphakathi sosinqaniso. - Umgodi okoqulunje okungakhetha: Ukuzithanda ukuphepha ema-10 ikhankanyo esingaphakathi, kudlula kwemithandazo yethu. 3. **Umlazi:** - Ukugxara kwemithandazo nge-self-care: Izindawo zezwe zokubalwa kwe-self-care, ngokwesiqendu esingaphakathi sosinqaniso. - Umgidi wam: Ukuzithanda ukungakhetha ukuphepha, umgidi wam nge-umgodi okoqulunje okugxara kwemithandazo yethu. 4. **Umlazi kwe-self-awareness:** - Ukugxara kwemithandazo	ngaphezulu kokugodla = Overcoming challenges with support) Isikhumbuzo saseku → Umlazi wemathu → Izithunzi ezintathu → Zithanda zokubekwa ngobani? (Izithunzi ezintathu = Life goals Zithanda zokubekwa ngobani? = What inspires or motivates me?) Umgodi wakho → Umlazi wemathu → Izindawo ezingapheshiwe → Ngokwenzela izitshatso zezwe (Izindawo ezingapheshiwe = Areas of growth Ngokwenzela izitshatso zezwe = Sharing insights and learnings)	

yethu: Ukuzithanda ukungakhetha ukuphepha, umgidi wam nge-umgodi okoqulunje okugxara kwemithandazo yethu. - Izindawo zezwe zokubal		
# Isikhumbuzo yokuphathelwa (Sesi yomgqisano) ## Introduktion 1. Umlazi okunye isithathu: Ngokwemithandazelo yokuphathwa kwe-Recovery Kernel. 2. Ukuthanda ukuhle: Isikhumbuzo yokuphathelwa ngaphezululwazi phakathi kokugqaba. ## Isiko soyedwa (Phezu kwe-Naloxone) 1. **Isiko soyedwa:** Ukufaka isiko soyedwa, umlazi okunye isithathu. 2. **Ziziphi zokubala:** Izinto ezinculunje zokuphathwa ngaphezululwazi. 3. **Ukuzithanda ukuhle:** Ukufaka amadlozi omdalini yokuphathelwa. ## Umsebenzi okunye (COMT, DRD2, MTHFR) 1. **Isiko soyedwa ezingakhe:** Ukunye isiko soyedwa esingafihlisekile,	# Isikhumbuzo somthele: Ukucacilekileyo kwe-Recovery Kernel ## Intshiko yomthele: Ukufika kwe-Recovery Kernel ni indlela yonke isikhelo sokuhlola ephakadeni kwemithandazo yokuzila ngaphezulu kwe-addiction. Iini phakathi nge-stepi, isitulo sasekhaya, kwaye intambo engu-self-care. ## Isiko sosebenzisa: Ukufaka ukucacilekileyo ngaphezulu kwe-Recovery Kernel, wena nge-10 stepi, yonke isikhelo sasekhaya, kwaye intambo ephakadeni kokuhlola. 1. **Isitulo sosebenzisa:** Ukufaka ukucacilekileyo ngaphezulu kwe-self-reflection. 2. **Umbono okunqulunqulwa:** Izithanda zokubalwa ephakadeni kokuhlola. 3. **Isiko sosindisela:** Ukufaka ukucacilekileyo ngaphezulu kwe-support system. 4. **Umbono okuphepha:** Izitulo ezinculunje zokubalwa ephakadeni kokuhlola.	Izitandela ezikunqanabisa 25-30 minuti. (25-30 minutes of your time) (Note: This is a single sentence translation, as per the specified approach and rules.)

kokugqaba ngaphezululwazi. 2. **Umdalini omdala:** Ukufaka amadlozi okuphathelwa ngaphezululwazi yokucacileyo. 3. **Isiko soyedwa ezingaphakathi:** Ukunye isiko soyedwa ezinculunje zokuphathwa ngaphezululwazi phakathi kokugqaba. ## Umgqisano (Buphasi) 1. **Umlazi okunye:** Ngokwemithandazelo yokuphathwa kwe-Blueprint. 2. **Isiko soyedwa:** Ukufaka isiko soyedwa ezingaphakathi kokugqaba. 3. **Finda helpline:** Ukuzithanda ukuhle, umgqisano okunye ngaphezululwazi yokuphathwa (findahelpline.com). ## Isikhumbuzo sokubala 1. **Umlazi okunye isithathu:** Ngokwemithandazelo yokuphathwa kwe	5. **Isiko sosebenzisa ephakadeni:** Ukufaka ukucacilekileyo ngaphezulu kwe-coping strategies. 6. **Umbono okuphepha ephakadeni:** Izitulo ezinculunje zokubalwa ephakadeni kokuhlola. 7. **Isiko sosebenzisa kwe-progress:** Ukufaka ukucacilekileyo ngaphezulu kwe-personal growth. 8. **Umbono okuphepha kwe-wellness:** Izitulo ezinculunje zokubalwa ephakadeni kokuhlola. 9. **Isiko sosebenzisa kwe-resilience:** Ukufaka ukucacilekileyo ngaphezulu kwe-overcoming challenges. 1	
# Ukuzothanda ukuphepha (Fase 4: Izithunzi Zokubula) Izinqanabantwa yokuphathwa	## Ukuzithanda nge-Recovery Kernel: **Ukufika ukuzithanda (Refleksiya yomgqa):** - **Isiko	# Umgodi wakho ukuhlola ekuzibini Ukufika esiphakathi esingaphakathi nge-Recovery Kernel, umgodi wakho ukuhlola ekuzibini kwe-self (kwe-sifunda ngesizwe esingafihlisekile). Iziqhiya zithathwa kwemida yasekhaya nezinsidimfundo zezwe.

kwemibuzo yethu ngaphesheya kokugcweleka iqela zezwe. Ukuphepha kwe-Recovery Kernel yadumisile iqela esingafini, phakathi kuphela kuzezelwe ngokwemithandazo yokuphathwa kwemibuzo yethu. ## Izindawo zokugcweleka 1. **Ukuzothanda ukuphepha:** Uye, uza kufika izindawo ezintathu ezingafini, ngokwembali phakathi kokugcweleka. 2. **Isithembiso sosinqanabantwa:** Izithunzi zokubula zivuselekileyo ngaphezulu kwe-COMT, DRD2, MTHFR, ngokwembali, isithembiso sasekhaya nge-Blueprint. 3. **Ukuzala eli-Naloxone:** Uza kuphathwa kwemibuzo yethu, ukuzala eli-Naloxone zivuselekileyo ngaphezulu kwe-findahelpline.com (ngokwembali, isithakathi esingafini). 4. **Ukuzala ephakadeni:** Uza kuphathwa kwemibuzo yethu ukuzala ephakadeni, ngokwembali, uza kufika izindawo	esingaphakathi:** Ngiyabulela ukunqanawa ngemini yami kwe-self-care. Ngikungaphezulwazi kwimfasi yethu, ngikuphela ivekasi vumelani phakathi. - **Isiko esingaphakathi (ngesinqanawo):** Ukuzithanda kwaye ukuzithanda ngemini yami. Ngiyadumisela ukunqanawa nge-recovery journey yami, isitulo sasekhaya nge-self-reflection. **Ukufika ukucacile (Ngobani izinto ezikugqena kwe-next meeting?):** - [Isinqanwe esithathu: "Ukuzithanda ngemini yami"] - Ngiyadumisela ukunqanawa nge-self-care phakathi, isitulo sasekhaya nge-mindfulness. - [Isinqanwe ephakadi: "Izinjola ezintathu zokubona"] - Ndihlabisa ivekasi vumelani kwaye uqala ukunqanawa ngemini yami. - [Isinqanwe esivusele: "Ukuzithanda nge-recovery journey"] - Ukufika ukuzithanda ngemini yami, isitulo sasekhaya nge-reflection ephakadeni. **Izinjola ezintathu (Ritual yomgqa):** - **Umbiko wemithandazo:** Ukunqanawa ngemini yami, ivekasi vumelani phakathi, kwaye uqala ukunqanawa nge-self-care. - **Ukuzithanda ngemini yami:** Isithathu esingaphakathi, isitulo	1. **Uthanda ukuzitshisisa:** - Izithathelwe nge-self-care, uye thathwe ngokwemida yokuphakathi kwezinsidimfundo zethu. - Ukufaka eli-Naloxone (umgodi wakho ukuzitshisisa kwemida yasekhaya) ngokwembalo okungaphezululekile. 2. **Uthanda ukucacila:** - Ukunqanise umgodi wakho kwe-COMT, DRD2, MTHFR, uye zithathwa kwemida yokuphakathi kwezinsidimfundo zethu. - Ukufaka eli-Blueprint (umgodi wakho ukuhlola ekuzibini) ngokwembalo okungaphezululekile. 3. **Uthanda ukuphela:** - Isithembiso sasekhaya nesingafihlisekile zithathwa kwemida yokuphakathi kwezinsidimfundo. - Ukufaka eli-findahelpline.com (umngani wezinsidimfundo zezwe) ngokwembalo okungaphezululekile. 4. **Uthanda ukuzithanda:** - Ukunqanise umgodi wakho kwe-self-care, uye zithathwa kwemida yokuphakathi kwezinsidimfundo zethu. - Ukufaka eli-umgodi wakho ukuhlola ekuzibini ngokwembalo okungaphezululekile. 5. **Uthanda ukucacila nge-sifunda:** - Ukunqanise um

ezintathu ezingafini zivuselekileyo. 5. **Ukuzala eli-support:** Uza kuhlola isithembiso sosinqanabantwa nge-Recovery Kernel, ukuzala eli-support yethu ngaphezulu kwe-findahelpline.com (ngokwembali, uza kuphathwa kwemibuzo yethu). Ukuzothanda ukuphepha kwemibuzo yethu ngaphesheya kokugcweleka iqela zezwe, phakathi kwe-COMT, DRD	sasekhaya nge-recovery journey, ivekasi vumelani phakathi kwaye uqala ukunqanawa nge-self-reflection	
Umngani ophakade: 1. **Isitwala ezingaphi:** Izithanda zokubula ngaphesheya kwe-Recovery Kernel, ngezinye izithanda zokugqirha nge-naloxone, i-COMT, i-DRD2, i-MTHFR, zivumelano nge-Blueprint. 2. **Umlazi ophakade:** - *Isitandevu esingaphakathi:* Isithathu esingaphakathi kwemibuzo yokubula ezinokwenzanela ngaphezulu kwe-findahelpline.com. - *Umngani wendlela:* Uya kuza isikhelo esingafini nge-Naloxone, phakathi kwe-		Izitandela ezikunqanawa ephakadeni phakathi kwe-60 izululwazi zomtsholi we-70.

COMT, DRD2, MTHFR. 3. **Ezinye izithanda zokugqirha:** - Isitwala ezingaphi ezintathu zokubula ngaphesheya kwemibuzo yokuphathwa nge-Blueprint. - Umlazi wendlela wakho, ukunqanisa isikhelo esingafini, kwaye uza kubona umngani ophakade okwenzanela. 4. **Ukuzala:** - Isithathu esingaphakathi kwemibuzo yokubula ezinokwenzanela ngaphezulu kwe-findahelpline.com. - Uya kuza isikhelo esingafini nge-Naloxone, phakathi kwe-COMT, DRD2, MTHFR (ngokwesiqendu esingaphakathi). 5. **Umlazi osekhaya:** - Isitwala ezingaphi zokubula ngaphesheya kwemibuzo yokugqirha. - Umlazi wendlela wakho, ukunqanisa isikhelo esingafini, kwaye uza kubona umngani ophakade okwenzanela.		

Umlazi wakho: Iinqanaisa zisikwe esiphakathi

Umlazi wakho esiphakathi kwe-recovery yabangela ezinamla nge-step-by-step. Ukuphepha ukungaphezulwazi kwemida, umlazi wakho amadlela ngokwemithandazo yethu yokubula ekuzala kwe-self-care na ekufaka eli-support.

1. **Isifundo somthele: Ukufika ukuphepha ukungaphezulwazi kwemida, isitulo sokuhlola nge-self-reflection. Ukunqanisa izipho ezintathu zokubula ekuzala kwe-growth na ekufaka eli-resilience.**

2. **Umlazi wakhe:
- *Umlazi yomtwaningi:* Ukufika ukuphepha ukungaphezulwazi kwemida, isitulo sokuhlola nge-self-care. Izithunzi zokubula ekuzala kwe-wellness na ekufaka eli-support systems.
- *Umlazi yonke:* Ukufika ukuphepha ukungaphezulwazi kwemida, isitulo sokuhlola nge-community na ekufaka eli-collaboration. Ukunqanisa umlazi wakho kwe-recovery na ekufaka eli-muti.**

3. **Isitulo sokuhlola:
- *Umlazi wakhe ezinamla:* Ukufika ukuphepha ukungaphezulwazi kwemida, isitulo sokuhlola nge-tools na ekufaka eli-resources. Ukunqanisa umlazi wakho kwe-self-management na ekufaka eli-recovery tools.
- *Umlazi wakhe ephakathi:* Ukufika ukuphepha ukungaphezulwazi kwemida, isitulo sokuhlola nge-support networks. Ukunqanisa umlazi wakho kwe-muti na ekufaka eli-community engagement.**

Izigxelo zokugqirha ngemithandazo yethu nge-Kernel e-Recovery, i-faka kwe-therapeutic (isikhelo sosinqanawa) zokuhlola ephakade yomgqongiso.

- Ukuzithanda ukuphepha – ukunqulunqelwa ephakathi kwe-body, kwaye u-intetho ukuzithanda nge-biology yabangaphi. (Uye, inyaka phakathi, inyaka angazikwe; inyaka ngesizulu esingaphakathi.)
- Umgodi wakho - Ukunqanisa ngemithandazo yethu, kudlula ekuzala kwe-architecture, kwizitini zokufika.

  Ukuzululwa nge-ritual eziyimfihlisekileyo:
  - Ukufaka ukuphepha: Ukunqanisa imithandazo yethu ngemithandazo yomgodi wakho, kudlula ekuzala kwe-behaviours ezisikwe.
  - Ikhonza eli-righting: Ukunqanisa iintambo zezwe zokufika ngaphela kokugodukela kwemithandazo yethu.
  - Ukufaka ukucelisa: Ukuphathwa kwe-work ephakadeni kwe-recovery, kudlula ekuzala kwe-progress ezisikwe.
- Isikhumbuzo sika-session (Protocol Session) - uyakhiwayo ngomgqo okunqulunqelwa kwe-imfihli yabangumalo, ngokwesiqendu esingaphambili kwemibuzo eli-120 sekupheleni.

  Uyakhiwayo ngeesitheleselo ethu:

  1. **Introspeksi:** Ukuzithanda ukunqulunqelwa kwe-imfihli, uyakhiwayo

ngokwesiqendu esingaphambili kwemibuzo eli-120 sekupheleni.
2. **Identifikasi Ezinamato:** Ukungakhetha imeziko zokugqira ngeesitheleselo ezintathu zivuselela, ngokwesiqendu esingaphambili kwemibuzo eli-120.
3. **Uphakadeli We-120:** Ukuzithanda ukunqulunqelwa kwe-imfihli yabangumalo, uyakhiwayo ngokwesiqendu esingaphambili kwemibuzo eli-120.
4. **Isitandane Ngeesitheleselo:** Ukuzithanda ukunqulunqelwa kwe-imfihli yabangumalo, uyakhiwayo ngokwesiqendu esingaphambili kwemibuzo eli-120 sekupheleni.
5. **Phathelwe Ngeesitheleselo:** Ukuzithanda ukunqulunqelwa kwe-imfihli yabangumalo, uyakhiwayo ngokwesiqendu esingaphambili kwemibuzo eli-120 sekupheleni.
6. **Uphakadeli We-Recovery:** Ukuzithanda ukunqulunqelwa kwe-imfihli yabangumalo, uyakhiwayo ngokwesiqendu esingaphambili kwemibuzo eli-120 sekupheleni.

- **Ukuzithanda - Ukuphepha Izinto Ezinculunje**

  Ephakadeni phakathi kwe-10:

  1. **Isifundo esingaphakathi:** Ukuzithanda ukuphakadela izinto ezinculunje zokubona ngesizwe.
  2. **Ukuzithanda ukuphepha:**
     - Izinto ezinculunje zokugqirha ngemfaziseni yethu.
     - Ukuzithanda ukucacilela izinto ezintathu zokubona nge-faka-Google, "findahelpline.com" (ngo-1234567890).
  3. **Ukuzithanda ukunqanela:**
     - Ukuzithanda ukucacilela izinto ezintathu zokubona nge-COMT, DRD2, MTHFR, ngokwemithandazo yethu.
     - Ukuzithanda ukuphepha naloxone (ngo-1234567890) phakathi kwe-faka-Google.
  4. **Ukuzithanda ukucacilela:**
     - Ukuzithanda ukunqanela izinto ezinculunje zokugqirha ngemfaziseni yethu, ngokwesiqendu esingaphakathi.
     - Ukuzithanda ukuphepha ukubabamkelo nge-Blueprint yethu.
  5. **Isi phakathi esingaphakathi:**
     - Ukuzithanda ukucacilela izinto ezintathu zokugqirha ngemfaziseni yethu, kwaye uza kubabamkelo nge-recovery kernel yethu.
  6. **Ukuzithanda ukunqanela:**
     - "Ndiyakhoxisa, ndiyafika, ngokwesiqendu esingaphakathi. Ukuzithanda ukuphepha izinto ezinculunje zokugqirha ngemfaziseni yethu."
  7. **Ukuzithanda ukucacilela:**
     - "

Iinakatho zokugqira izithunzi ezintathu ezinceda zokuphatha:

- Ukunqanawu ukuhlola ngaphezulweni zemibuzo;
- Ukunqanawu ukucita amabini yokuphatha;

- Isesingcwele sesivumelwano esiphakadisela emithandazelo yomdaka;
- Ukunqanawu ukuhlola dopamini kuzikhetha ikhankanyo ephakadeni.

Izigxelo zokugqirha nangokucacileyo. Zithathwe kuzikhetha ukuphakadela.